



Self-Care CHECKLIST

- GET ENOUGH SLEEP
 - EAT FOOD THAT FUELS YOUR BODY
 - WEAR CLOTHES THAT MAKE YOU FEEL GOOD
 - TAKE A WALK OUTSIDE
 - TAKE A NAP WHEN YOU NEED IT
 - LISTEN TO MUSIC THAT MAKES YOU HAPPY
 - SET BOUNDARIES WITH TOXIC PEOPLE
 - DECLUTTER YOUR DESK AND HOME REGULARLY
 - TAKE BREAKS FROM TECHNOLOGY AND SOCIAL MEDIA
 - BE COMPASSIONATE WITH YOURSELF
 - ASK FOR HELP WHEN YOU NEED IT
 - MAKE TIME FOR A HOBBY EACH WEEK
 - GET A CHECKUP FROM YOUR DOCTOR
 - MEDITATE AND JOURNAL REGULARLY
 - SPEND QUALITY TIME WITH A FRIEND
 - READ A BOOK
 - MOVE YOUR BODY - WORKOUT, DANCE, ETC.
 - TAKE A MINI-VACATION
 - SAY NO TO EXTRA RESPONSIBILITIES
 - MAKE TIME TO REFLECT ON YOUR LIFE
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