



Self-Care CHECKLIST

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