



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

