

Self - Care Check List

- ☐ Meet physical needs FIRST - sleep & healthy food
- ☐ DON'T LET OTHERS DISTRACT YOU FROM YOUR NEEDS.
- ☐ Give yourself permission to say no.
- ☐ FIND WAYS TO MAKE EXERCISE FUN.
- ☐ Prioritize Self care before doing favors.
- ☐ DEVELOP A SPIRITUAL PRACTICE TO ENJOY THE MOMENT
- ☐ Let yourself do these imperfectly