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

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