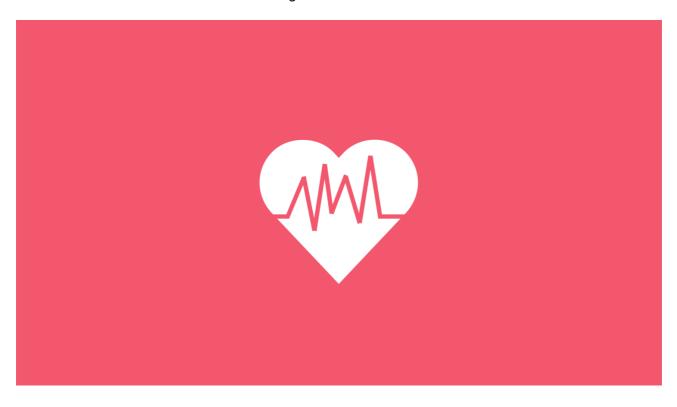
The Community Manager Daily Self-Care Checklist

All of this starts with boundaries and knowing and loving yourself. I'll give you a little primer on that before delving into the self-care checklist.



Exercise
Treat yourself
Do a good deed
Spend at least 30 minutes with a friend
Find time for mental stimulation
Find time for artistic or spiritual stimulation
Congratulate yourself