

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