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

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