

## WEEKLY SELF - CARE CHECKLIST:



- ☐ SPEND TIME WITH FRIENDS.
- ☐ GO TO THE GYM.
- ☐ WATCH A SUNSET.
- ☐ MAKE 5 MEALS FROM SCRATCH.
- ☐ DO SOMETHING OUTSIDE.
- ☐ READ A BOOK.
- ☐ EXERCISE REGULARLY.