11 Daily Self-Care Ideas for the Body, Mind & Soul

Habits are powerful. Much of what we do everyday is on autopilot, meaning we don't think about it. Once you've built a habit, it will be natural to practice it.



Physical Self-Care

- [ ] Get 8+ hours of sleep a night
- [ ] Do daily exercise
- [ ] Track your water intake
- [ ] Eat sit-down meals

Mental Self-Care

- [ ] Turn off your screens
- [ ] Journal, read or create
- [ ] Connect with your spouse

Spiritual Self-Care

- [ ] Connect with God
- [ ] Express gratitude
- [ ] Laugh
- [ ] Practice deep breathing

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