

# 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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