

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

- ☐ 1. Get 8+ hours of sleep a night
- ☐ 2. Do daily exercise
- ☐ 3. Track your water intake
- ☐ 4. Eat sit-down meals

Mental Self-Care

- ☐ 5. Turn off your screens
- ☐ 6. Journal, read or create
- ☐ 7. Connect with your spouse

Spiritual Self-Care

- ☐ 8. Connect with God
- ☐ 9. Express gratitude
- ☐ 10. Laugh
- ☐ 11. Practice deep breathing

