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

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