I love me

Daily checklist to prioritize my mental/physical well-being

odrink wate	er		
_ breathe			
oook a me	eal		
30 minute	es on craft/hobbie/fun		
dance par	rty for one		
onourish re	elationships		
intentiona	intentional movement		
morning self care			
shower			
face routi	ine		
_ breakfast	t		
teeth			
make bed	d		
night self care			
read book	k		
face routi	ine		
teeth			
phone do	own by 10:30		