

I love me

Daily checklist to prioritize my mental/physical well-being

- ☐ drink water
- ☐ breathe
- ☐ cook a meal
- ☐ 30 minutes on craft/hobbie/fun
- ☐ dance party for one
- ☐ nourish relationships
- ☐ intentional movement

morning self care

- ☐ shower
- ☐ face routine
- ☐ breakfast
- ☐ teeth
- ☐ make bed

night self care

- ☐ read book
- ☐ face routine
- ☐ teeth
- ☐ phone down by 10:30