

# 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