

# SELF CARE CHECKLIST

Week of: \_\_\_\_\_

## **PHYSICAL**

8 hours of sleep

Drink 2L of water

30 min movement

Nourishing meal

## **MENTAL & EMOTIONAL**

10 min meditation

Journaling thoughts

Digital detox (1 hour)

Read for pleasure

## **SOUL & SOCIAL**

Connect with a friend

Practice gratitude

Tidy your space

Spend time outdoors

"Be kind to yourself today."