



SELF-CARE CHECK-IN

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE
CARE OF YOURSELF.

- EAT HEALTHY MEALS
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESSION
- CUDDLE A PET
- TRY SOMETHING NEW
- READ A BOOK

Make it a habit to take care of yourself