
CRYSTAL MCLAIN CREATIVE

Presents

CREATING SPACE - DAILY CHECKLIST

If you want a higher success rate when it comes to your self care practices, it's helpful to first create a little space in your mind, body and soul.

And because action and accountability are important ingredients in creating space, I'm offering a simple daily checklist to ensure that you keep up with your space makin'.

If you haven't already, I recommend either listening to the podcast episode, or reading the blog post titled "Creating Space in the Mind, Body and Soul".

You can find this in the search bar at my website.

Because you're a WHOLE human, this daily checklist focuses on your Mental, Physical, Practical, Social, Spiritual, and Emotional selves, and will help ensure that you keep space open for the things that support your overall wellness.

If you enjoy this digital download, and would like add more of this sort of thing to your life, check out my Patreon Memberships! They're a great way to add a little extra TLC to your life and support my mission to spreading Self Care Independence. And the best part? They start at just \$5/month!

To learn more about memberships and other products and services

I offer, visit:

CRYSTALMCLAINCREATIVE.COM

I love you.

I appreciate you.

Thank you so much for being here.

Enjoy!

CREATING SPACE

Daily Checklist

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DATE

Breathe with intention - Notes -

Stretch or move my body - Notes -

Tidy, clean or organize something - Notes -

Practice acts of self love or respect - Notes -

Enjoy myself - Notes -

Acknowledge, process & express my feelings - Notes

Reflection