



Daily Self-Care Checklist

A gentle daily guide to help you reconnect, reset, and create intentional moments of peace.

Morning Ritual

- Drink a full glass of water
- Take 3 deep calming breaths
- Apply aromatherapy (roll-on or diffuser)
- Speak your daily affirmation
- Stretch or move for 3–5 minutes

Midday Reset

- Step away from screens for 2 minutes
- Do a grounding breath exercise
- Repeat: “I am supported and capable”

Evening Wind-Down

- Light a candle or take a calming bath
- Release stress with slow breathing
- Write one thing you're grateful for
- Prepare for a restful night's sleep