

self-care checklist

- GO FOR A WALK
- TAKE A LONG BATH
- DRINK TEA
- TRY A NEW RECIPE
- CALL A FRIEND OR FAMILY MEMBER
- GO TO BED EARLY
- PUT YOUR PHONE AWAY
- DO YOGA
- WATCH YOUR FAVOURITE MOVIE
- DO ART
- JOURNAL
- READ A BOOK
- DO SOME EXERCISE
- ORGANISE YOUR WORKSPACE
- SLEEP IN
- BAKE
- TAKE A NAP
- MEDITATE
- MAKE A SNACK
- RECITE POSITIVE AFFIRMATIONS
- DO BREATHING EXERCISES
- DO LAUNDRY
- EXPLORE A NEW CAFE

a balanced day

INSTRUCTIONS: FOR EACH DAY, WRITE DOWN 1-3 ACTIVITIES OR TASKS FOR EACH CATEGORY. REMEMBER TO CHECK THEM OFF AT THE END OF THE DAY OR ONCE YOU'RE DONE WITH EACH TASK. YOU GOT THIS!

BE PRODUCTIVE

HAVE FUN

STAY RESTED

DAILY CHECK-IN:

- WHAT DO I NEED MORE OF RIGHT NOW?
- WHAT DO I NEED LESS OF RIGHT NOW?
- HOW DO I FEEL RIGHT NOW?
- WHAT EMOTIONS AM I EXPERIENCING RIGHT NOW?
- HOW CAN I BE KIND TO MYSELF RIGHT NOW?

DAILY AFFIRMATIONS:

- I LOVE AND APPROVE OF MYSELF
- I AM RIGHT WHERE I AM SUPPOSED TO BE
- I AM BECOMING THE BEST VERSION OF MYSELF
- I TRUST IN MY ABILITIES
- THE UNIVERSE WANTS ME TO SUCCEED