SELF-CARE CHECKLIST

Week of:_____

Activity:	M	T	W	T	F	S	S
_____	☐	☐	☐	☐	☐	☐	☐
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GIVE YOURSELF THE SAME CARE AND ATTENTION THAT YOU GIVE TO OTHERS AND WATCH YOURSELF BLOOM.

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SELF-CARE CHECKLIST

Week of:_____

Activity:	M	T	W	T	F	S	S
_____	☐	☐	☐	☐	☐	☐	☐
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