

SELF CARE

CHECKLIST

	M	T	W	T	F	S	S
Meditate for 10 min	☐	☐	☐	☐	☐	☐	☐
Deep breathing	☐	☐	☐	☐	☐	☐	☐
Walk for at least 15 min	☐	☐	☐	☐	☐	☐	☐
Talk to friends	☐	☐	☐	☐	☐	☐	☐
Journal for 15 min	☐	☐	☐	☐	☐	☐	☐
Listen to a podcast or read a book	☐	☐	☐	☐	☐	☐	☐
Exercise or run for 30 min	☐	☐	☐	☐	☐	☐	☐
Healthy diet	☐	☐	☐	☐	☐	☐	☐
Take vitamins	☐	☐	☐	☐	☐	☐	☐
No tech 30 min before bed	☐	☐	☐	☐	☐	☐	☐
7-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐

NOTES
