



My Self-Care Checklist

My Morning Routine

- ☐ Mindfulness - How Am I Feeling?
- ☐ Meditation - Watch My Thoughts
- ☐ Practice Gratitude
- ☐ Read Affirmation
- ☐ Drink Water
- ☐ Do Gentle Stretches
- ☐ Morning Skincare
- ☐ Eat A Healthy Breakfast
- ☐ Write My Journal
- ☐ Drink Coffee/Tea

More Self-Care...

- ☐ _____
- ☐ _____
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Reminders:

