



# 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:

