



Self care Checklist

		MON	TUE	WED	THU	FRI	SAT	SUN
1	 Daily Hydration							
2	 Balanced Diet							
3	 Exercise							
4	 Sleep							
5	 Meditation							
6	 Skin Care Routine							
7	 Journaling							
8	 Decluttering							
9	 Gadget-free Mornings							
10	 Gratitude Practice							