

Self-Care Checklist

Mind

- Digital Detox for 1 Hour
- Take Yourself on a Date
- Write a Gratitude List
- Pick up a New Hobby
- Declutter your Space

Body

- Yoga/Stretch/Exercise
- Eat a Healthy Meal
- Take a Relaxing Bath
- Go for a Walk
- Try Deep Breathing

Soul

- Write in a Journal
- Be Mindful
- Listen to Happy Music
- Pray/Meditate
- Rest Well

Notes
