



self-care check-in

CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.

- ☐ EAT THREE MEALS A DAY
- ☐ GO ON A 24-HOUR SOCIAL MEDIA DETOX
- ☐ FIND A QUIET SPOT TO MEDITATE
- ☐ TIDY YOUR ROOM
- ☐ DO A GRATITUDE LIST
- ☐ PRACTICE DEEP BREATHING
- ☐ LISTEN TO GOOD MUSIC
- ☐ EXERCISE
- ☐ CATCH UP WITH A FRIEND/VISIT A FAMILY MEMBER
- ☐ GET AT LEAST 8 HOURS SLEEP
- ☐ SPEND TIME OUTDOORS
- ☐ HAVE A MINI PAMPER SESSION
- ☐ CUDDLE A PET/ WATCH CUTE ANIMAL VIDEOS
- ☐ TRY SOMETHING NEW
- ☐ READ A BOOK

Make it a habit to take care of yourself :)

