



☐ Read a book

Daily Self-Care Checklist



☐ Hug myself



☐ Dance to my favourite songs



☐ Meditation and relaxation



☐ Go for a walk



☐ Do something creative



☐ Spend time in nature

☐ Make a gratitude list

☐ Have a hot bath or shower

☐ Exercise

☐ Get an early night



☐ Watch a movie



☐ Spend time with friends



☐ Drink a glass of water



☐ Write in a journal

☐ Limit my social media & gaming time