

SELF-CARE Checklist



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Affirmation	I choose to live in the present moment.	I choose love instead of fear.	I choose abundance.	I choose surrender.			
3-Minute Miracle							
Meditation							
Read 11 + Pages							
Envision Ideal Life							
Random Kindness							
Pair Habits							
Time Block							
Stretch/Foam Roll							
Journal/Reflect							
	Today I Am Grateful For...			Today's Word...	Today I Learned...		

SUGGESTIONS

Use these examples to inspired your own self-care activities. Try to plan something once a day this week by filling in the chart above (even five minutes counts!):

1. Plan the coming week on Sundays and time block your calendar - self care gets scheduled first!
2. Leave notes around the house for your loved ones.
3. Journal every night before bed to help clear your mind and reflect on the day.
4. Listen to a 5 minute guided meditation every morning before you get started.
5. Meet with someone instead of texting or calling.
6. Craft a morning routine.
7. Craft an evening routine.
8. Decide on your non negotiables, and then those things that can wait (they feel urgent but aren't)
9. Read a passage from a mantra or meditation book each day.
10. Pair habits - more on this in the Facebook group for Season 10 cleansers!