



Self-Care Checklist

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

- ☐ meditate
- ☐ draw in the morning
- ☐ drink enough water
- ☐ Light an aromatic candle
- ☐ Do a gratitude list
- ☐ Practice deep breathing
- ☐ Listen to good music
- ☐ Exercise
- ☐ Catch up with a friend
- ☐ Visit a family member
- ☐ Spend time outdoors
- ☐ write down what I love about myself
- ☐ Cuddle a pet
- ☐ Try something new



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