

Daily Self Care
Sample Checklist

TOP 3 TO-DO's

- 1.
- 2.
- 3.

MORNING ROUTINE

Gratitude

- 1.
- 2.
- 3.

Affirmations

- 1.
- 2.
- 3.

EVENING ROUTINE

1. Set up tomorrows checklist
2. No TV
3. Prep food for tomorrow