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 tomorrow's checklist
2. No TV
3. Prep food for tomorrow