Bundle Pack!

Self Care Checklist

MY DAILY REMINDERS TO TAKE CARE OF MYSELF

DAILY BASIC | SOUL

	M	T	W	T	F	S	S
1 Write in my gratitude journal	✓	✓	✓	✓			
2 Wash and cleanse my face	✓	✓	✓				
3 Get 8 hours sleep tonight	✓	✓	✓				
4 Use this space for more ideas	✓	✓	✓	✓	✓		
5 Put your daily self care routine in here	✓	✓					
6 Pause - take a breathe	✓	✓	✓	✓	✓	✓	

SELF CARE Checklists

PHYSICAL | BODY

	M	T	W	T	F	S	S
1 Go on a 30 min walk daily	✓	✓	✓	✓			
2 Stretch after working on my desk	✓		✓				
3 Do a workout - even if only 10mins	✓	✓	✓				
4 Hydrate - 8 glasses of water	✓		✓	✓	✓		
5 Cook a fresh meal	✓	✓	✓				
6 Soak up in the bath with candles	✓	✓	✓		✓	✓	

WORK + BUSINESS | MIND

	M	T	W	T	F	S	S
1 Read 10 pages of my book	✓	✓	✓	✓			
2 Limit social media to 30mins max	✓	✓	✓				
3 Take a 5 min break every hour	✓	✓	✓				
4 Set daily goals - tick them off!	✓	✓	✓	✓	✓		
5 Add your ideas here	✓	✓					