

## SELF-CARE CHECKLIST

Every week you should engage in self-care a minimum of two hours. Each item is worth 2 points. Try to get to 12 points at the end of the month.

- Take a walk
- Bubble Bath [add a glass of wine for 2 extra self-care points :)]
- Journaling
- Write a letter to a friend {and physically mail it}
- Prayer
- Play like a child
- Enjoy nature
- Tour your city
- Try two new things a month
- Guided meditation
- Color
- Blow Bubbles {the act of breathing in & out is so therapeutic}
- Listening to music
- Dance
- Watch a comedy
- Gratitude journal
- Develop a new hobby
- Less tasks on your TDL
- Read for pleasure
- Go to bed early
- Watch the clouds move and determine their shapes
- Stargaze
- Pick/buy fresh flowers
- Do something exciting for the first time

- Call a friend/family member you haven't talked to in a while
- Yoga
- Watch the sunrise/sunset
- Buy something you've been wanting
- Plan a vacation
- Create a desire list/wish list of things you desire
- Join new meetup.com groups {& go participate in the activities}
- Go to the movies
- Read the sunday comics
- Buy something that fits your body now and flaunt it baby [10 points]
- Getting a mani + pedi
- Hiking
- Attend a spinning class
- Sit down and enjoy a nice cup of coffee or tea with no interruptions and reflect
- Sleep in
- Chocolate [always a good idea]
- Spa day
- Spend an hour doing absolutely nothing {no planning or obsessing...just chill}
- Forgive others
- Forgive yourself [10 points]
- Take a road trip
- Go to a concert
- Have a concert in your room/shower/living room
- Girls Night In/Girls Night Out
- Take a long drive with the windows down
- Get dolled up and go on a date with yourself
- Volunteer for a cause that's important to you
- Lunch dates