



# self-care check-in

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

- EAT THREE MEALS A DAY
- GO ON A 24-HOUR SOCIAL MEDIA  
DETOX
- FIND A QUIET SPOT TO MEDITATE
- TIDY YOUR ROOM
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND/VISIT A  
FAMILY MEMBER
- GET AT LEAST 8 HOURS SLEEP
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESSION
- CUDDLE A PET/ WATCH CUTE ANIMAL  
VIDEOS
- TRY SOMETHING NEW
- READ A BOOK



Make it a habit to take care of yourself :)

