

LIVE YOUR BEST LIFE

SELF-CARE CHECKLIST.

Jot down the activities you enjoyed, those that didn't resonate as much, how they made you feel, and any new ones you're curious to try out!

<input type="checkbox"/>	Positive Affirmations	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
<input type="checkbox"/>	Go for a walk	<input type="checkbox"/>	Spend time with a loved one
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Put phone down
<input type="checkbox"/>	Move your body	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Explore a new place
<input type="checkbox"/>	Go to bed early	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Go outside	<input type="checkbox"/>	Paint or draw
<input type="checkbox"/>	Activity of my choice	<input type="checkbox"/>	Activity of my choice