

- Help someone. Make someone smile
- Have a personal moment of prayer and Scripture reading
- Practice Mindfulness
- Have a refreshing shower/bath
- Do a 30-minute breathing and stretching session
- Think about the things you like about yourself
- Laugh heartedly
- Do something you love
- Set workable goals for the day
- Talk about something that interests you and something that scares you
- Appreciate the smallest things
- Send warm greetings to your birthday friends on Facebook
- Compliment someone about something
- Listen to your favorite tunes
- Opt for a healthy meal
- Take a power nap
- Start a good habit you want to adopt today and avoid one you need to slow down from
- Be with nature
Water the plants
Breathe the fresh air
- Be grateful and count your blessings
- Forgive yourself for something you cannot do. Try again tomorrow
- Write on your journal

My
DAILY
Self Care
ROUTINE
 Checklist

Print and Pin Me on Your Wall.