

Daily Self-Care Checklist

Morning

- 5-Minute Meditation
- Drink A Glass of Water
- Wash Your Face
- Enjoy Some Caffeine
- Eat A Healthy Breakfast
- Say An Affirmation
- Shower & Brush Your Teeth
- Plan Your Day

Afternoon

- Write In Your Journal
- Put On A Face Mask
- 30-Minute Walk
- Drink More Water
- Eat A Healthy Lunch
- Read A Positive Article
- Take A Short Nap
- Check-In With A Friend

Evening

- Make A Healthy Dinner
- Drink More Water
- Turn Off Electronics
- Read A Chapter In A Book
- Enjoy A Treat
- Take A Bubble Bath
- Cleanse & Moisturize Your Face
- Brush & Floss Your Teeth
- Get 7-8 Hours Sleep

Any Time

- Tidy Up Your Space
- Work On Manifesting
- Try Something New
- Keep A Gratitude Journal
- Set Goals
- Start An Exercise Routine
- Try New Recipes
- Find A Mentor
- Quit An Unhealthy Habit

Self Care Routine Update Near Me

Yan Bai

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Going Self-service? Patrick Galvani,Arthur F. Arnell,1952 **"Code of Massachusetts regulations, 2011"** ,2011
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Nursing Care Planning Guide, Set 4 Margo Creighton Neal,Patricia Feltz Cohen,1978 [The Massachusetts register](#) ,2006 **Clinical Manual of Pediatric Nursing** Donna L. Wong,Lucille F. Whaley,1990 ["Code of Massachusetts regulations, 1998"](#) ,1998 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 1999"** ,1999 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

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