

# 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

## 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

## 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

## 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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**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

*Economic Issues for Consumers* Roger LeRoy Miller, 1978      Maine Revised Statutes Annotated, 1964 Maine, 1964

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