

# 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 For Beginners

**Faye Ong**



## Self Care Routine For Beginners:

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