

Daily Self-Care Checklist For Women

Morning

- make the bed
- begin day with prayer or mindfulness
- drink water
- cook high protein breakfast
- shower
- dental care
- skincare routine
- wear an outfit you love
- plan out your day

Afternoon

- go on a 15 min walk
- enjoy a wholesome lunch
- do a stretch/mobility routine
- drink more water
- take a power nap
- have a small healthy snack
- check in with family and friends
- complete today's tasks
- plan tasks for tomorrow

Evening

- exercise/move for 30 mins
- eat high protein post-workout meal
- lukewarm shower
- dental care
- nightly skincare routine
- do something you love
- journal & reflect
- unwind with prayer or meditate
- go to sleep early

Anytime

- learn something new
- declutter home space
- declutter work space
- reorganize home & work space
- listen to favorite playlist
- listen to a inspiring podcast
- schedule personal appointments
- maintain personal hygiene
- watch the sunrise, sunset, spend time outside

Self Care Routine Reviews Worth It

N Colangelo

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Occupational Compensation Survey ,1991 **Review of Reviews** Albert Shaw,1893 The Glow Journal Daily
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