

Self-Care Checklist

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- ☐ CHOOSE HEALTHY FOODS TODAY
- ☐ DO A 24-HOUR SOCIAL MEDIA DETOX
- ☐ FIND A QUIET SPACE TO MEDITATE
- ☐ FORGIVE JUDGEMENT OF SELF & OTHERS
- ☐ EXPRESS APPRECIATION & GRATITUDE
- ☐ PRACTICE DEEP BREATHING
- ☐ LISTEN TO SOME PUMP UP MUSIC
- ☐ EXERCISE FOR 30 MINUTES
- ☐ CATCH UP WITH A FRIEND
- ☐ VISIT A FAMILY MEMBER
- ☐ STRETCH YOUR BODY
- ☐ CUDDLE A PET OR A CHILD
- ☐ TRY SOMETHING NEW
- ☐ READ/LISTEN TO A BOOK THAT ADDS VALUE TO YOU

MAKE IT A HABIT TO TAKE CARE OF YOURSELF!

THE MAXX CO.