

SELF CARE CHECKLIST

MORNING HOUR

M T W T F S S

Drink water

Meditate/breathe(10min)

Move my body(30min)

Self care/shower/teeth

Healthy meal

Review goals/tasks

EVENING HOUR

Learn/read/listen(15min)

Studio time/create(15min)

(10min) Power chore

Meditate/gratitude(10min)

Self care/shower/teeth

Drink water/sleep(7hrs)
