



# Daily Self-Care



## CHECKLIST

- WAKE UP 1 HOUR BEFORE FAMILY
- BREATHE DEEP & BE MINDFUL
- STRETCH OR YOGA
- MAKE-UP, HAIR, DRESS TO FEEL GOOD
- HEALTHY MEALS
- PLENTY OF WATER
- SET REALISTIC GOALS FOR THE DAY
- ASK FOR HELP
- PRACTICE GRATITUDE
- BE OPEN TO NEW THINGS

