

# Self-Care Check-in

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

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA  
DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE A PET
- TRY SOMETHING NEW
- READ A BOOK

*Make it a habit to take care of yourself*