

# Daily Self-Care Checklist

Date:

## Morning Routine:

- Drink a glass of water
- Stretch or do yoga
- Take a shower
- Eat a healthy breakfast

## Midday Check-In:

- Take a short walk
- Meditate for 5 minutes
- Have a nutritious snack
- Write in a journal

## Evening Routine:

- Turn off screens an hour before bed
- Read a book
- Reflect on the day
- Prepare for tomorrow

## Notes: