

# DAILY SELF-CARE CHECKLIST



Read a daily devotional; a section of your Bible; or meditate on a favorite passage.



Do 30 minutes of being active. Walk, run, yoga, or play a sport.



Drink 8 or more glasses of water.



Have a relaxing 30 minutes. Take a bubble bath, read a book, or watch Netflix.



Hello!

Meet up or talk with a friend or family member.



Express gratitude for the life you've been given.



*many thanks*