Dynamic Living
Lifestyles
Wellness | Wealth | Freedom

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Self Care Checklist

	SU	M	T	W	TH	F	SA
Start your day with meditation							
Journal and read affirmations							
Do Yoga or an activity of choice							
Have a healthy breakfast							
Enjoy a coffee or tea							
Drink lots of water							
Get some fresh air							
Rest to reset do breathing exercises							
Listen to music							
Read/Listen to a book							
Take breaks throughout your day							
Healthy snacks throughout the day							
Check-in with a positive person/mentor or coach							
Avoid screen time at a minimum 1 hour before bed							
Go to bed before midnight(7-8hrs)							