

Daily Self-Care Checklist

Simple steps to prioritize yourself every day.

MORNING ROUTINE	S	M	T	W	T	F	S
Drink a glass of water to refresh your body.							
Spend 5 minutes stretching or practicing deep breathing.							
Write down 1-3 goals or affirmations for the day.							
Look at your calendar or to-do list for the day.							

MIDDAY REMINDERS	S	M	T	W	T	F	S
Take a 5-minute break from screens or work.							
Go outside for fresh air or a short walk.							
Check in with how you're feeling emotionally and physically.							

EVENING WIND-DOWN	S	M	T	W	T	F	S
Prepare tomorrow's to-do list.							
Write 1-3 things you're grateful for today.							
Spend 10 minutes on a self-care activity (skincare, journaling, etc.)							
Unplug from screens 30 minutes before bed.							

*Use the open rows to add your own habits to this routine. Make it truly yours!

PRIORITIZE YOURSELF TODAY. YOU DESERVE IT!

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