

# TO-DO CHECKLIST

- ☐ — Start your day with mindful breathing —
- ☐ — Do a short morning exercise —
- ☐ — Eat a nourishing breakfast —
- ☐ — Journal your thoughts or gratitudes —
- ☐ — Spend time on a hobby —
- ☐ — Take a short nature walk —
- ☐ — Pamper yourself with a mini home spa —
- ☐ — Read a chapter of a favorite book —
- ☐ — Repeat positive affirmations —
- ☐ — Follow a calming bedtime routine —



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