

take care of yourself

DAILY SELF-CARE

- | | |
|---|--|
| ☐ Start with Meditation | ☐ Stay Hydrated |
| ☐ Take a Short Walk | ☐ Connect with Friends |
| ☐ Read a Fun Book (20 minutes) | ☐ Practice Deep Breathing |
| ☐ Write in a Journal | ☐ Stretch Your Body |
| ☐ Try Gentle Yoga | ☐ Use Positive Affirmations |
| ☐ Play Favorite Music | ☐ Share Household Tasks |
| ☐ Take a Quick Nap | ☐ Listen to Nature Sounds |
| ☐ Cook Healthy Meals | |

WEEKLY SELF-CARE

- | | |
|--|---|
| ☐ Enjoy a Bubble Bath | ☐ Set Clear Boundaries |
| ☐ Indulge in a Hobby | ☐ Have a Home Spa Day |
| ☐ Use Aromatherapy | ☐ Use Mindfulness Apps |
| ☐ Watch a Favorite Show | ☐ Try a New Recipe |
| ☐ Nurture a Mini Garden | ☐ Plan Your Week |



KEEP VISITING [SELFLOVEMOM.COM](https://selflovemom.com)