

SELF-CARE

CHECKLIST

- Prioritize sleep. Go to bed early.
- Create daily bedtime and morning rituals that take care of YOU.
- Wake up 30 minutes before the kids to balance yourself before the day starts.
- Set aside time to chat or visit with a girlfriend once a week.
- Schedule a date with your spouse once a month.
- Take 10 minutes each day to "be still".
- Nourish your body with nutritious foods.
- Put a meme or quote on your fridge to encourage you.
- Keep routines as simple as possible to streamline and save time.
- Prepare for the next day the night before to save time and avoid rushing.
- Ask others for support or help.
- Shift your mindset. Feel comfortable regularly taking time for self-care.
- Read a chapter from a book you want to read.
- Play your favorite music once a day to improve mood.
- Start a gratitude journal.