

# SELF-CARE CHECKLIST

- \_ READ PERSONAL DEVELOPMENT FOR 10 MINUTES UPON WAKING (SOMETHING THAT WILL SET THE TONE FOR YOUR DAY)
- \_ SET INTENTIONS FOR THE DAY (TO-DO LIST)
- \_ EXERCISE FOR 30 MINUTES
- \_ WATER (HALF YOUR WEIGHT IN OUNCES)
- \_ CONNECT WITH A FAMILY MEMBER OR A FRIEND THAT MAKES YOU HAPPY
- \_ GIVE SOMEONE A COMPLIMENT
- \_ 3 NOURISHING MEALS
- \_ JOURNAL
- \_ GET ENOUGH SLEEP (6-8 HOURS)

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