Self Care Checklist

This a list of items that could be added to your daily check list. Some but not all items will be added to my daily list. Some items might only be on my daily list once or twice a week.

- [ ] 20 minutes of exercise
- [ ] 5 minutes of meditation
- [ ] Daily affirmation
- [ ] Write one personal thank you note
- [ ] Text your mother, wife, and children
- [ ] Golf league
- [ ] 20 minutes of reading
- [ ] 5 minutes of prayer
- [ ] Appreciate your staff (coffee, thank you notes, face-to-face conversation, words of encouragement
- [ ] 5 minutes of stress management (go for a walk, text a close friend, look at pictures from a vacation, plan a vacation)
- [ ] Check the montly budget

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