I love me

Daily checklist to prioritize my mental/physical well-being

- [ ] drink water
- [ ] breathe
- [ ] cook a meal
- [ ] 30 minutes on craft/hobbie/fun
- [ ] dance party for one
- [ ] nourish relationships
- [ ] intentional movement

morning self care

- [ ] shower
- [ ] face routine
- [ ] breakfast
- [ ] teeth
- [ ] make bed

night self care

- [ ] read book
- [ ] face routine
- [ ] teeth
- [ ] phone down by 10:30

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