

Your Wellness

SELF CARE CHECK LIST

- 10 MINUTE STRETCH
- MORNING FAST
- JOURNAL FOR 10 MINUTES
- HYDRATION
- EAT 1 PLANT BASED MEAL
- LISTEN TO A PODCAST
- SET WEEKLY INTENTIONS
- PRACTICE BREATH WORK
- DO SOMETHING SOOTHING
- READ 1 CHAPTER IN A BOOK
- DO SOMETHING TO MAKE YOU LAUGH
- MAKE A GOOD MEAL
- TAKE A WALK
- WRITE 3 THINGS YOU'RE GRATEFUL FOR
- MEAL PREP HEALTHY SNACKS

