

Self-Care Checklist

1. Say NO without guilt. OFTEN.
2. Don't let "energy vampires", users, or negative people into your life.
3. Stop waiting to have the "perfect" body to wear or do anything. Be you
4. Make time for daily meditation.
5. Get your daily water servings in!
6. Eat mostly what makes you FEEL your best & energized, not just what "tastes good"
7. Eat every two hours! Set a timer, do it!
8. Don't consume things that disrupt your sleep cycle or well-being to excess.
9. Invest in healthful supplements likes teas, spirulina, etc.
10. Write, make art, take photos or make time for crafts DAILY
11. Read and/or study daily
12. Garden or go for walks daily
13. Do ONE thing at a time. ALWAYS.
14. Batch tasks for efficiency.
15. Accept help. ASK for help when it's needed without shame.
16. Don't apologize too much!
17. Start a daily clean-up routine so mess doesn't build up to an overwhelming point.
18. Delegate, delegate, delegate!
19. Trust your heart and intuition, always. Listen hard to it for decision making.
20. NO partnerships that aren't mutually respectful & beneficial.
21. Have mindful wind-down and wake-up routines
22. Start the day with positive affirmations
23. HIRE help if it's needed, even if it's a maid for one day, do it!
24. Make time for weekly adventures, off-time and travel!
25. SPEND way less time WORKING and way more time LIVING!

