

CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NIGHT SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

