

SELF CARE *checklist*

*We are more vulnerable to the voices of fear when we are depleted.
Care for yourself like you matter. You do.*

Look back at the happy-stress list and add more of your happy things onto our self-care checklist...

I got 7-8.5hrs sleep last night								
I drank 2-3L water								
I moved my body								
I paused to listen in to how I'm feeling or what I need								
I spoke to myself with kindness								
I practiced "good enough" today								
I made a bid for connection								
I honored my boundaries								
I ate 3 nourishing meals in a calm state								
I took at least a short break from all media today								
I took at least 15 minutes to just BE								
I laughed today								
I allowed myself to FEEL today and didn't run or numb these feelings								
I used my gifts or contributed in a meaningful way								
I set my top 3 priorities for the day and didn't allow other people's emergencies to pull me off track								
I got outdoors or used a light lamp								

