SELF-CARE CHECKLIST

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	sun	mon	tues	wed	thurs	fri	sat
meditate	◯	◯	◯	◯	◯	◯	◯
morning yoga	◯	◯	◯	◯	◯	◯	◯
eat veggies with every meal	◯	◯	◯	◯	◯	◯	◯
drink 8 glasses of water	◯	◯	◯	◯	◯	◯	◯
daily gratitude practice	◯	◯	◯	◯	◯	◯	◯
read one chapter of a book	◯	◯	◯	◯	◯	◯	◯
tidy up your space	◯	◯	◯	◯	◯	◯	◯
do something creative	◯	◯	◯	◯	◯	◯	◯

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