

# SELF-CARE CHECKLIST

WEEK 1		X
1		
2		
3		
4		
5		

WEEK 2		X
1		
2		
3		
4		
5		

WEEK 3		X
1		
2		
3		
4		
5		

WEEK 4		X
1		
2		
3		
4		
5		

- DO A FACE MASK
- GET A MANI/PEDI
- TAKE A LONG WALK
- GO ON A SOLO DATE
- GET A BLOW OUT
- WEAR BEAUTIFUL PJS
- DRESS UP FOR A DATE

- BUY FRESH FLOWERS
- GO TO THE SPA
- BURN A CANDLE
- VISIT FARMERS MARKET
- CURL/STYLE HAIR
- LISTEN TO FAVE MUSIC
- GRAB LUNCH W/ FRIEND

- WATCH A FAVE MOVIE
- TAKE A DAY TRIP
- BAKE/COOK/PAINT
- READ OR JOURNAL
- COFFEE BREAK
- HEAD OUTDOORS
- GO SHOPPING