

# daily self- care



Date: Jan 5, 2025

Sunday

## MORNING CARE

Meditation	To do ▾
Light exercise	To do ▾
Eat healthy breakfast	To do ▾
Brush your teeth	To do ▾
Say an affirmation	To do ▾
Plan your day	To do ▾

## AFTERNOON CARE

Drink more water	To do ▾
Spend time in nature	To do ▾
Write a journal	To do ▾
Take a short nap	To do ▾
Talk to friends	To do ▾
Read good articles	To do ▾

## EVENING CARE

Take a warm bath	To do ▾
Read your favorite book	To do ▾
Turn off smartphone	To do ▾
Do skincare routine	To do ▾
Drink warm milk	To do ▾
Sleep for 7-8 hours	To do ▾