## Self-Care CHECKLIST

Self-care isn't an act but a loving commitment to oneself. How are you going to cherish yourself this week?

| Physical Self-Care | М | Т | W | Т | F | S | S |
|--------------------|---|---|---|---|---|---|---|
|                    |   |   |   |   |   |   |   |
|                    |   |   |   |   |   |   |   |
|                    |   |   |   |   |   |   |   |
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| Mind & Soul Self-Care | М | Т | W | Т | F | S | S |
|-----------------------|---|---|---|---|---|---|---|
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|                       |   |   |   |   |   |   |   |

| Emotional Self-Care | M | Т | W | Т | F | S | S |
|---------------------|---|---|---|---|---|---|---|
|                     |   |   |   |   |   |   |   |
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