

Daily Self-Care Checklist for Personal Growth

- ☐ Drink at least 8 glasses of water
- ☐ Eat a nutritious meal
- ☐ Move your body (stretch, walk, workout) for 20+ mins
- ☐ Take 5 minutes for mindfulness or meditation
- ☐ Write 3 things you are grateful for
- ☐ Read something inspiring or educational
- ☐ Take one step towards a personal goal
- ☐ Reflect on your day for a few minutes
- ☐ Get 7-9 hours of restful sleep