

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