Taking Care of Me

TODAY I WANT TO FEEL

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BASICS

- [ ] HEALTHY MEALS
  - [ ] breakfast
  - [ ] snack
  - [ ] lunch
  - [ ] dinner
- [ ] WATER
- [ ] SLEEP ___ hrs
  - [ ] I went to bed at ___ pm
- [ ] WORKOUT
- [ ] QUALITY TIME
- [ ] VITAMINS
- [ ] WALK THE DOG
- [ ] EVENING ROUTINE
  - [ ] brush teeth & floss
  - [ ] wash face & moisturize

WORK

- [ ] DAILY SCHEDULE
- [ ] DAILY 3 LIST

_____

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SOME OF THIS

- [ ] meditation app
- [ ] read
- [ ] personal project
- [ ] reached out to someone

_____

LESS OF THIS

- [ ] [ ] Check social media
- [ ] [ ] Check news
- [ ] screen time
- [ ] sweets, alcohol, etc

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LIVEWORKSHEETS