

Taking Care of Me

TODAY I WANT TO FEEL

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

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