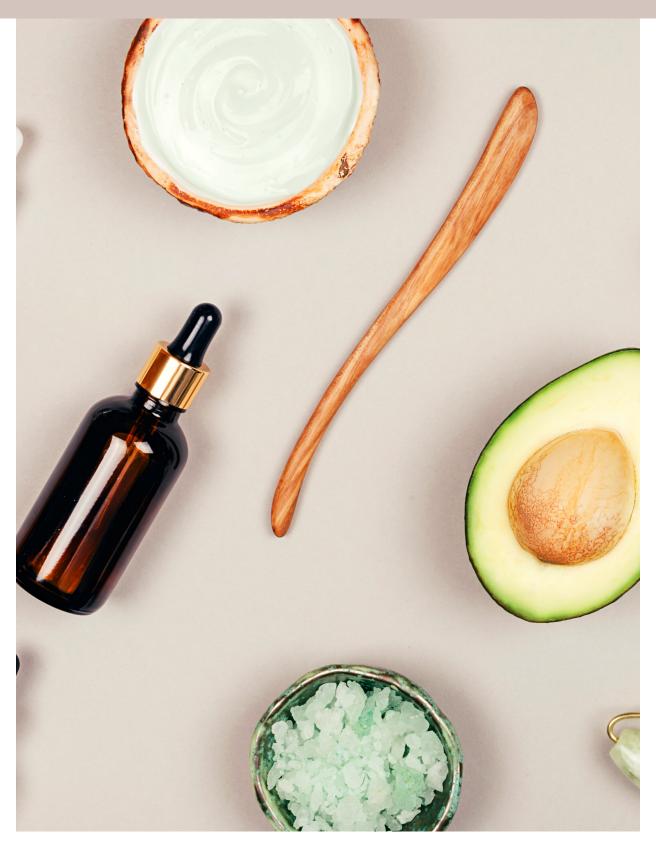
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DAILY SELF CARE CHECKLIST



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DAILY SELF CARE CHECKLIST

BODY SELF CARE IDEAS

- Yoga/ Stretching
- Get a Massage
- Drink 2 + litres of water
- Daily Supplements + Probiotics
- Enjoy hot morning beverage
- Workout
- 7-8 hours sleep
- Eat healthily

MIND SELF CARE IDEAS

- Meditation/Mindfulness
- Daily Journalling
- Daily Digital Detox
- Identifying emotions
- Taking a walk
- Practising gratitude

SOLL SELF CARE IDEAS

- Learn a new skill
- Plan a bucket list trip
 - Call a friend

- Laugh at something
- See a friend
 - Volunteer or give back

NOTES