

roam & thrive's  
DAILY SELF CARE  
CHECKLIST



# 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

## SOUL 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