

SELF-CARE CHECKLIST

@thefabstory

sun mon tues wed thurs fri sat

meditate

○ ○ ○ ○ ○ ○ ○

morning
yoga

○ ○ ○ ○ ○ ○ ○

eat veggies
with every meal

○ ○ ○ ○ ○ ○ ○

drink 8 glasses
of water

○ ○ ○ ○ ○ ○ ○

daily gratitude
practice

○ ○ ○ ○ ○ ○ ○

read one chapter
of a book

○ ○ ○ ○ ○ ○ ○

tidy up
your space

○ ○ ○ ○ ○ ○ ○

do something
creative

○ ○ ○ ○ ○ ○ ○

Checklist Self Help

**United States. Internal Revenue
Service**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the United States Internal Revenue Service text.

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