

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

○ ○ ○ ○ ○ ○ ○

Self Help Checklist

TD Snyder

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

Self Help Checklist:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Self Help Checklist** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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