

## 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

**Zhe Xu**



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