Weekly Checklist Reminder - Self Care

Reminder: The most powerful relationship is the one you have with yourself.

|  | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Challenged negative thoughts |  |  |  |  |  |  |  |
| Drank enough water (8 glasses) |  |  |  |  |  |  |  |
| Exercised (minimum 30 mins) |  |  |  |  |  |  |  |
| 7-8 Hours of sleep |  |  |  |  |  |  |  |
| Practiced mindfulness/meditation |  |  |  |  |  |  |  |
| Had nourishing meals |  |  |  |  |  |  |  |
| Worked toward your goal |  |  |  |  |  |  |  |
| Got outside |  |  |  |  |  |  |  |
| Showered, brushed teeth |  |  |  |  |  |  |  |
| Practice gratitude |  |  |  |  |  |  |  |
| Try something new |  |  |  |  |  |  |  |