

# **self-care** night checklist

CHECK THE BOXES OF THE ACTIVITIES YOU DO  
TO TAKE CARE OF YOURSELF.

- MAKE DINNER WITH CALMING MUSIC**
- WATCH YOUR FAVORITE SHOW**
- TEA TIME**
- CLEAN & TIDY UP A BIT**
- WASH YOUR FACE & SHOWER**
- WEAR COMFORTABLE CLOTHES**
- CATER YOURSELF**
- SOCIAL MEDIA DETOX**
- WRITE IN A GRATITUDE JOURNAL**
- MEDITATE & CLEAR YOUR MIND**