

20-DAY SELF-CARE *checklist*

DAY	TASK	DONE
01	Enjoy a healthy breakfast	<input type="checkbox"/>
02	Take a 30-minute walk	<input type="checkbox"/>
03	Meditate for 15 minutes	<input type="checkbox"/>
04	Read a book for 30 minutes	<input type="checkbox"/>
05	Write down 3 things you're grateful for	<input type="checkbox"/>
06	Call a friend or family member	<input type="checkbox"/>
07	Stretch for 15 minutes	<input type="checkbox"/>
08	Drink 8 glasses of water	<input type="checkbox"/>
09	Create a relaxing bedtime routine	<input type="checkbox"/>
10	Listen to calming music	<input type="checkbox"/>
11	Declutter your living space	<input type="checkbox"/>
12	Cook a healthy meal	<input type="checkbox"/>
13	Treat yourself to a relaxing bath or shower	<input type="checkbox"/>
14	Set goals for the week ahead	<input type="checkbox"/>
15	Practice deep breathing	<input type="checkbox"/>
16	Write in a journal	<input type="checkbox"/>
17	Spend 30 minutes in nature	<input type="checkbox"/>
18	Listen to a podcast or inspirational talk	<input type="checkbox"/>
19	Practice yoga or exercise	<input type="checkbox"/>
20	Compliment yourself	<input type="checkbox"/>