

self-care checklist.

- DRINK SOME WATER FIRST THING IN THE A.M.
- WRITE DOWN FIVE THINGS EVERY DAY THAT DIDN'T TOTALLY SUCK.
- MAKE A MENU FOR THE WEEK.
- MOVE FOR AT LEAST 30 MINUTES A DAY.
- LISTEN TO GOOD MUSIC.
- EXERCISE.
- READ A BOOK.
- TRY SOMETHING NEW.
- HAVE A FAMILY DINNER.

