



BACK TO BASICS

Self-Care Checklist

Rest, do what makes you feel good about yourself, nourish your body, move and hydrate!

1 Sleep __ (hours) tonight by going to bed at __ (time) and waking up at __ (time). Honor your need for rest.

2 Set an alarm for _____ (activity/commitment) that brings you joy and empowers your self-care.

3 Eat - prepare 1 meal _____ (bfast/lunch/dinner) for one day this week.

4 Move for 10 minutes today - dance in your kitchen, go for a walk, bike at _____ (time). Keep it simple!

5 Drink ____ glasses of water today.

What could it mean to be "intentional" in an experience?
Being "intentional" in an experience means consciously directing your awareness towards your internal thoughts, emotions, and behaviors.