



# SELF-CARE MONTHLY CHECKLIST

<input type="checkbox"/> Exercise	<input type="checkbox"/> Drink 8 glasses of water	<input type="checkbox"/> Walk outside for 20 minutes	<input type="checkbox"/> Eat your favorite snack	<input type="checkbox"/> Sleep in late	<input type="checkbox"/> Create a vision board
<input type="checkbox"/> Try a group exercise class	<input type="checkbox"/> Take a long bath or shower	<input type="checkbox"/> Eat a healthy meal	<input type="checkbox"/> Relax in the sauna	<input type="checkbox"/> Take time to be alone	<input type="checkbox"/> Journal your thoughts
<input type="checkbox"/> Create a skincare ritual	<input type="checkbox"/> Practice meditation	<input type="checkbox"/> Volunteer your time	<input type="checkbox"/> Craft, draw or paint	<input type="checkbox"/> Learn a new hobby	<input type="checkbox"/> Get a massage
<input type="checkbox"/> Read a good book	<input type="checkbox"/> Gratitude check	<input type="checkbox"/> Declutter your most used space	<input type="checkbox"/> Watch the clouds pass	<input type="checkbox"/> Spend time with friends	<input type="checkbox"/> Digital detox day
<input type="checkbox"/> Deep breathing exercises	<input type="checkbox"/> Explore somewhere new	<input type="checkbox"/> Practice words of affirmation	<input type="checkbox"/> Catch up with your family	<input type="checkbox"/> Have lunch outside	<input type="checkbox"/> Wake up early
<input type="checkbox"/> Take an AquaFit class	<input type="checkbox"/> Something that brings you joy	<input type="checkbox"/> Dance like no one's watching	<input type="checkbox"/> Drop your shoulders often	<input type="checkbox"/> Watch a funny movie	<input type="checkbox"/> Compliment someone
<input type="checkbox"/> Compliment yourself	<input type="checkbox"/> Listen to your favorite music	<input type="checkbox"/> Enjoy a swim	<input type="checkbox"/> Stretch or do yoga	<input type="checkbox"/> Plan a day trip or vacation	<input type="checkbox"/> Smile on purpose

FROM YOUR FRIENDS AT THE WESTPORT WESTON FAMILY YMCA