



MONTHLY SELF-CARE CHECKLIST

<input type="checkbox"/> Exercise	<input type="checkbox"/> Drink 8 glasses of water	<input type="checkbox"/> Walk on the treadmill for 20 minutes	<input type="checkbox"/> Eat your favorite snack	<input type="checkbox"/> Sleep in late	<input type="checkbox"/> Sing like no one's listening
<input type="checkbox"/> Yoga or Meditation class	<input type="checkbox"/> Take a long bath or shower	<input type="checkbox"/> Cook a healthy meal	<input type="checkbox"/> Get a massage	<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"/> Gratitude check	<input type="checkbox"/> Craft, draw or paint	<input type="checkbox"/> Learn a new hobby	<input type="checkbox"/> Safe space visualization
<input type="checkbox"/> Read a good book	<input type="checkbox"/> Walk barefoot outdoors	<input type="checkbox"/> Declutter your most used space	<input type="checkbox"/> Watch the clouds	<input type="checkbox"/> Spend time with friends	<input type="checkbox"/> Enjoy a 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"/> Compliment a stranger	<input type="checkbox"/> Have lunch outside	<input type="checkbox"/> Wake up early
<input type="checkbox"/> Take a nap	<input type="checkbox"/> Something that brings you joy	<input type="checkbox"/> Dance like no one's watching	<input type="checkbox"/> Drop your shoulders	<input type="checkbox"/> Watch a funny movie	<input type="checkbox"/> Call a friend
<input type="checkbox"/> Compliment yourself	<input type="checkbox"/> Listen to your favorite music	<input type="checkbox"/> Go swimming	<input type="checkbox"/> Stretch	<input type="checkbox"/> Plan a vacation	<input type="checkbox"/> Smile, it's contagious!

FROM YOUR FRIENDS AT THE WESTPORT WESTON FAMILY YMCA