



Checklist



7 MIN SELF-CARE

☐ Take a few deep breaths

☐ Brush your hair

☐ Do some stretches

☐ Drink a glass of water

☐ Grab a face mask

☐ Take a quick shower

☐ Write down 7 things you are grateful for

☐ Find funny videos

☐ Spend 5 min organising

☐ Light a candle

☐ Listen to your favorite song

☐ Write down your goals

☐ Make yourself a warm drink

☐ Dance like crazy

☐ Text a friend