

# Daily Self-care Checklist

THE  
LET ME TAKE A SELFIE  
PODCAST

## I MOVED TODAY

**This could be any of the following:** Exercised for 30 minutes or more - Moved your body through all ranges of motion - Parked the car at the furthest carpark and walked the rest of the way to your destination - Regularly got up out of your desk and moved

## I CREATED A SPACE FOR GOOD MENTAL HEALTH AND BALANCE

**This could be any of the following:** Spent time with loved ones and engaged with them - Stepped outside and interacted with nature - Noted 5 things that you are grateful for your life at that present day - Had some time just for you - Had a mindful moment - Spent 15 minutes either meditating or practicing your breath work - Allocated time to rest - Achieved a decent nights sleep

## I HAVE FUELED MY BODY

**Try to tick all of these off:** Drank plenty of water - Been mindful of your sugar intake - Balanced your diet - Avoided processed foods

## I CONQUERED MY DAY

**Try to tick off two or three:** Prioritised your tasks - Set a general schedule and stuck to it - Avoided multitasking - Delegated where you can - Prepared for tomorrow before leaving/ checking out for the day - Left work at work