

Daily Routine

Morning – Start with Intention

- ✔ Wake up early & stretch (even 5 min helps!)
- ✔ Drink a glass of water before anything else
- ✔ Practice gratitude (list 3 things you're thankful for)
- ✔ Nourish your body with a healthy breakfast
- ✔ Move your body—walk, yoga, or light exercise
- ✔ Set daily goals (keep them realistic & achievable)
- ✔ Take deep breaths & set a positive mindset

Afternoon – Reset & Recharge

- ✔ Step away from work or screens for a quick break
- ✔ Hydrate—sip water consistently
- ✔ Eat a balanced meal (protein, fiber, and healthy fats)
- ✔ Get some fresh air or a short walk
- ✔ Listen to music, a podcast, or something uplifting
- ✔ Check in with yourself—how are you feeling?
- ✔ Do something creative or fun, even if just for 10 min

Evening – Wind Down & Relax

- ✔ Eat a light, nourishing dinner
- ✔ Practice skincare or a relaxing shower/bath
- ✔ Reflect on the day—journal or simply acknowledge the wins
- ✔ Read or listen to calming music instead of screen time
- ✔ Plan for the next day (but don't overthink it!)
- ✔ Meditate, stretch, or do breathing exercises before bed
- ✔ Unplug from work & social media at least an hour before bed
- ✔ Get at least 8 hours of sleep—your body needs it



Self Care Tracker

WEEK	①	②	③	④	⑤	⑥	⑦	⑧	MON	TUE	WED	THU	FRI	SAT	SUN	PRIORITY
	8 GLASSES OF WATER								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	EXCERCISE								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	MEDITATION								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	8 HOURS OF SLEEP								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	8000 STEPS								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	HEALTHY MEAL								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆
	READING								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	☆☆☆☆☆

Weekly Reflection Your daily wellness checklist – Stick this on your fridge and make wellness a habit!



SCAN TO ORDER