



# MONTHLY SELF-CARE CHECKLIST

<input type="checkbox"/> Exercise at the Y	<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"/> Stop, drop and roll (for fun)	<input type="checkbox"/> Color, paint or doodle	<input type="checkbox"/> Safe space visualization
<input type="checkbox"/> Read a good book	<input type="checkbox"/> Walk in nature	<input type="checkbox"/> Declutter your most used space	<input type="checkbox"/> Watch the clouds	<input type="checkbox"/> Spend time with friends	<input type="checkbox"/> Digital detox, go screen free!
<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 an old friend
<input type="checkbox"/> Compliment yourself	<input type="checkbox"/> Listen to your favorite music	<input type="checkbox"/> Go swimming	<input type="checkbox"/> Stretch under the sun	<input type="checkbox"/> Plan a day off	<input type="checkbox"/> Smile, it's contagious!

FROM YOUR FRIENDS AT THE YMCA