

10 Steps for DAILY Self Care

The night before...

① Efficient morning routine → _____

② Exercise More → _____

★ Drink more water: _____

④ Healthy Diet >>> _____

⑤ Start a hobby ☺ _____

⑥ QT with Friends + Fam _____

⑦ Read more 📖 _____

⑧ Be Tidy _____

⑨ Meditate _____

⑩ Daily Rewards

