

SELF CARE

WEEKLY CHECKLIST

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MONDAY

DAY 1

Meditate

Compliment a Stranger

Write 9 Things You
Are Grateful For

TUESDAY

DAY 2

Dance in Your Home
or
Go to the Gym

Take a Long Hot
Bath or Shower

Eat Nourishing Food

WEDNESDAY

DAY 3

Go For a Walk

Read a Book or
Listen to a Podcast

Connect With a
Friend

THURSDAY

DAY 4

Practice Deep
Breathing

Write in a Journal

Take a Break From
Social Media

FRIDAY

DAY 5

Declutter One
Small Space

Do Something For
Someone Else

Say YES to Something
Fun