

Weekly Self Care Checklist



(SOUL TRIPS)

www.mysoultrips.com

I'm happy to share this document with you!



Self care means so many things for so many people, however, for me, it just means to watch what you do every day to make sure you are taking care of yourself not forgetting that the most important person in your life is you!

From eating healthy to the way we talk to ourselves, all of that can help us or make our life a bit harder to deal with.

Self care is not something that is just going to happen, we have have to make it happen.

On the next page, you'll be able to see and print your **Weekly Self Care Checklist** to keep track of your self care.

The list is very simple, just ideas of things that you can do to feel that you are taking care of yourself.

Please, if you have other ideas email them to me, travel@mysoultrips.com, I can include them on this checklist and make a long list of options for the people of our beautiful community.

At the end of each day, take a minute to reflect on what you did for yourself and put a check mark... the sense of accomplishment at the end of the week, I promise, will make you feel great!

Start **TODAY!**

Disclaimer: I am not a health care professional or an expert on what you need to do to take care of Yourself. If you are struggling in anyway, please seek for professional advise.



Weekly Self Care Checklist



Eat healthy.

Which doesn't mean salad all day long. Just healthy for what you want to accomplish.

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Spend sometime outside.

Even when is super cold out, spending 5 minutes outside can boost your energy levels.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Take a nice deep breath.

Close your eyes and take a nice deep breath. It reminds us that we are alive!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Exercise.

15 min of movement everyday helps you with your energy and your mood!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Be grateful.

At the end of your day, think about one thing you are grateful for. Make a list, you can revisit it at the end of the month. It helps you stay positive and have a happier life. 😊

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Download our Monthly Gratitude Tracker.

Connect with friends and family.

Send a love message, a support message, or a simple hello! It could mean the world for someone that day.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Drink water.

If this is the only thing you choose to do, you are starting with the right foot. One step at a time!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Love yourself.

Think about one thing you love about yourself and focus on that for the day. Start with the simplest things, like "I love my smile".

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Thank you!

I hope you take advantage of this tool.

If you like it please go ahead and **share the link below** with your friends, it helps us have more and more great people as part of our community.

Share this link with someone that might need it today!

www.mysoultrips.com/free-downloads

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