

DR
JAMECA

SELF-CARE

checklist

BODY

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| ☐ SLEEP AT LEAST 8 HOURS | ☐ skincare routine |
| ☐ MORNING STRETCH | ☐ cold shower |
| ☐ 30 MIN WALK OUTSIDE | ☐ use moisturizer |
| ☐ DRINK ENOUGH WATER | ☐ declutter as you go |
| ☐ EAT PROTEIN BREAKFAST | ☐ pick an outfit you love |
| ☐ WRITE A MEAL PLAN | ☐ mindful breathing |

MIND

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| ☐ NO SCREENS IN THE MORNING | ☐ JOURNAL EVERY DAY |
| ☐ READ A BOOK EVERY DAY | ☐ LEARN SOMETHING NEW |
| ☐ SOCIAL MEDIA DETOX | ☐ CONNECT WITH LOVED ONES |
| ☐ FIND A NEW HOBBY | ☐ CREATE A VISION BOARD |
| ☐ LISTEN TO A PODCAST | ☐ HAVE SOME ALONE TIME |

SPIRIT

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| ☐ PRACTISE MEDITATION | ☐ DAILY AFFIRMATIONS |
| ☐ EXPRESS GRATITUDE | ☐ PRACTISE MINDFULNESS |
| ☐ ACKNOWLEDGE EMOTIONS | ☐ COMMUNITY WORK |
| ☐ ACTS OF KINDNESS | ☐ POSITIVE THINKING |