THE SECRET WAREHOUSE

SELF-CARE CHECK IN

DID I PRACTICE SOME SELF-CARE TODAY? YES / NO

DESCRIBE YOUR FAVE SELF-CARE ACTIVITY IN A GIF:

HOW MANY CUPS OF WATER YOU DRANK TODAY?

CHECK LIST
(TICK THE ONES YOU'VE DONE TODAY)

- ATE THREE MAIN MEALS
- DONE SOME EXERCISE
- LISTENED TO YOUR FAVE MUSIC
- SPENT SOMETIME OUTSIDE
- DONE A GRATITUDE LIST
- CUDDLED YOUR PET
- SMILED
- LAUGHED

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