

Self-Love

CHECKLIST

GRATITUDE REFLECTION

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TODAY'S GOALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMINDERS

TO DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FOR TOMORROW





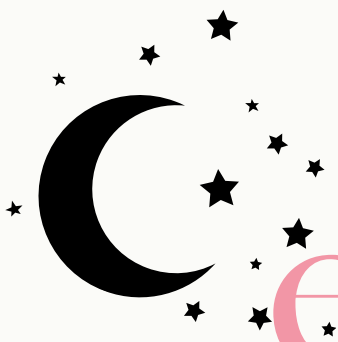
morning

Routine

- ☐ Wake up early.
- ☐ Drink a glass of water.
- ☐ Stretch and do some light exercise.
- ☐ Make your bed.
- ☐ Eat a nutritious breakfast.
- ☐ Take a shower and get dressed.
- ☐ Get organized for the day.
- ☐ Set goals and plan your day.

"Each day, I choose to honor
my emotions and nurture my
heart!"





evening

Routine

- ☐ Celebrate a small win of the day.

- ☐ Set tomorrow's intention.

- ☐ Set a relaxing atmosphere.

- ☐ Take a bath or shower.

- ☐ Read a book or watch a show.

- ☐ Meditate or do some stretching.

- ☐ Listen to calming music.

- ☐ Get into bed.

"Write down or think of 3
things you're grateful for
today!"





Weekly



REFLECTION

AT THE END OF THE WEEK, TAKE 5-10 MINUTES TO JOURNAL ON:

- What went well this week?
- What's one thing I learned about myself?
- What do I want to focus on next week?

