



Self Care



Checklist for today:



- Am I drinking enough water
 - Have I gotten movement today
 - Have I spent quiet time praying or meditating
 - Have I made good food choices and eaten the rainbow
 - Do I need to watch my sugar intake more tomorrow
 - Did I learn something new today
 - Did I get enough sleep
 - Do I need to take a break and meditate on some scriptures or focus on some positive things for a little while
 - Am I watching too much news
 - Did I help someone else today
 - How does my body feel? Is it achy, sore, tired, or too tense? What can I do right now to calm down?
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