

Self Care Plans Checklist

From now on, try to schedule your month w/ these:

- *1 Lunch Date w/ a friend*
- *24 hours no Social Media*
- *1 Day Outdoors*
- *1 Night Out w/ friends*
- *1 Date Night (even w/ just yourself)*
- *1 Breakfast Meetup w/ friends*
- *1 Movie Night*
- *1 Day serving others*
- *1 Day completely by yourself*