

Treat Yo'Self

Coach Monica's Self Care Checklist

PEACE & QUIET

- Meditate (there's an app for that)
- Curl up with a book and a cup of tea
- Rent whatever movie YOU want
- Light a candle and journal
- Light a candle and pray
- Take a nap
- Soak in the bath (don't forget the aromatherapy, face mask, and/or deep hair conditioning)
- Snuggle with your pet
- Spend some time engulfed in nature

"FOOD" FOR THOUGHTS

- Read a personal development book (your goal is 15 minutes per day!)
- Visit a local museum or art gallery
- Go to an indie movie that makes you think
- Take a class
- Go to a local theater production
- Watch a personal development video (check out <https://zparkl.com/> or <https://www.ted.com/talks>)
- Get clear on—and write down—your core commitments and top priorities

EXERCISE YOUR INNER ARTIST

- Do your favorite hobby
- Color in an adult coloring book
- Take an art class
- Draw or paint (without judgment)
- Grab your camera and go on a photo shoot

BE A SOCIAL BUTTERFLY

- Go to a movie with friends
- Help a friend, family member or neighbor
- Invite a friend for coffee & conversation
- Call your favorite person and talk for hours

GET PHYSICAL

- Take a long walk with a view
- Do yoga
- Explore somewhere in your hometown that you've never been before
- Blare the music and dance your heart out
- Get smarter and motivated about your health and fitness on TheFitClubNetwork.com

INDULGE

- Eat something you enjoy (make it a small portion if it's a violation of your current meal plan!)
- Buy yourself flowers (head to Trader Joes or your local farmer's market for the cheapest prices)
- Get (or give yourself) a manicure and/or pedicure
- Get a massage (check your local massage school for deals or trade with a friend or partner)
- Take a day trip or weekend getaway
- Change your hairstyle or color

GET ORGANIZED

- Do a mini-declutter (your wardrobe, pantry, fridge, etc.) and donate to others in need
- Clean out your purse (and treat yourself to a new purse and/or wallet from Marshalls or TJMaxx)
- Work on that fun project you've been putting off
- Set a boundary