Daily Self-Care Checklist

1. Personal Gratitude Statement

Say out loud one thing you are grateful for about yourself.

2.Daily Affirmation

Say out loud a positive affirmation that means something to you.

3.Grounding Exercise

Ground your energy to the earth. Imagine roots growing out of your feet into the earth. Feel it connect you back to Mother Earth.

4. White Light Protection

Protect your energy - imagine a white light bubble surrounding you.

5.5-minute Meditation

Spend 5 minutes meditating, either in silence or with a short guided meditation.

6. One Page Journal Entry

Write in your journal - at least one page about your feelings and intentions for your day.

7. Show yourself some daily Love

Do at least one thing just for yourself each day. Something that brings you joy.

8. Show appreciation to someone else

Smile at a stranger or pay someone a compliment - this can be anyone who crosses your path each day.

Shaz Cini