



JOY²Wellness™

Self Care

** checklist*

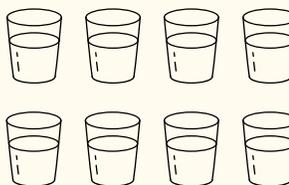
S M T W T F S

Date: _____

- Wake Rejuvenated
- Take a bath/shower
- Do skincare routine
- Walk 30mins
- Listen to music
- Smile or laugh
- Rest. Relax...sit still
- Eat healthy foods
- Do something you enJOY
- Engage in a hobby
- Be in Nature
- Drink ENOUGH Water
- Exercise
- Self Affirmation
- _____

Today's Goal

Water intake



Mood



Exercise

Minutes _____

Steps _____

Notes



Creative Solutions

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