



# HEALTH AND WELLBEING CHECKLIST

Date 

15

## Daily Self-Care Routine

Consistent self-care can improve your physical, emotional, and mental health. Use this checklist to create a personalised routine.

### Start with Hydration

- Drink a glass of water upon waking to rehydrate your body.
- Tip: Add lemon for a refreshing boost.



### Plan Time for Movement

- Schedule physical activity that you enjoy, like a morning walk or yoga.
- Tip: Even minutes a day can make a difference.



### Practice Daily Gratitude

- Write down or think about three things you're thankful for.
- Example: "I'm grateful for a restful night's sleep, my cozy home, and a supportive friend."



### Set Daily Intentions

- Decide what you want to achieve or focus on for the day.
- Example: "Today, I will stay calm and focused during meetings."



### Incorporate Mindfulness

- Spend a few moments meditating or practicing mindful breathing.
- Tip: Focus on your breath for 2-5 minutes to clear your mind.



### Nourish Your Body

- Eat balanced meals that include whole foods, proteins, and healthy fats.
- Example: Prepare a breakfast of oatmeal with fresh fruit and nuts.



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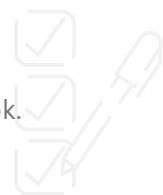
## Daily Self-Care Routine

### Take a Midday Break



- Pause to stretch, breathe deeply, or go for a short walk.
- Tip: Use this time to recharge and refocus.

### Pamper Yourself



- Indulge in a small luxury like a bubble bath, skincare routine, or reading a favourite book.
- Example: Dedicate minutes in the evening to self-care rituals.

### Journal Before Bed



- Reflect on the day's highlights and plan for tomorrow to wind down.
- Example: Write about one success and one thing you're excited about for the next day.



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