



30 Days of Self Care Checklist

THIS MONTH IS ALL ABOUT YOU! CHECK OFF THESE SELF CARE ITEMS IN THE MONTH OF JULY FOR A CHANCE TO WIN A VISA GIFT CARD TO TREAT YO-SELF

NAME:

LOCATION:

DEPT:

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| <input type="checkbox"/> GET OUT IN NATURE | <input type="checkbox"/> COLOR OR DRAW SOMETHING |
| <input type="checkbox"/> READ | <input type="checkbox"/> CALL A FAMILY MEMBER |
| <input type="checkbox"/> VIDEO CALL A FRIEND | <input type="checkbox"/> CUDDLE A PET OR HUMAN |
| <input type="checkbox"/> TAKE A BUBBLE BATH | <input type="checkbox"/> GO TO THE PARK |
| <input type="checkbox"/> HAVE A SOLO DANCE PARTY | <input type="checkbox"/> DRESS UP FOR NO REASON |
| <input type="checkbox"/> COMPLIMENT SOMEONE | <input type="checkbox"/> JOURNAL HOW YOU'RE FEELING |
| <input type="checkbox"/> CREATE A GRATITUDE LIST | <input type="checkbox"/> TREAT YOURSELF |
| <input type="checkbox"/> DONATE/VIRTUALLY VOLUNTEER | <input type="checkbox"/> COMMIT TO A DAY OF CLEAN EATING |
| <input type="checkbox"/> PAMPER YOURSELF | <input type="checkbox"/> LISTEN TO YOUR FAVORITE SONG |
| <input type="checkbox"/> TRY SOMETHING NEW | <input type="checkbox"/> LIGHT A CANDLE |
| <input type="checkbox"/> BUY YOURSELF FLOWERS | <input type="checkbox"/> TELL YOURSELF "I LOVE YOU" |
| <input type="checkbox"/> COOK A GREAT MEAL FOR YOU | <input type="checkbox"/> TAKE A BREAK FROM SOCIAL MEDIA |
| <input type="checkbox"/> GIVE YOURSELF CREDIT | <input type="checkbox"/> SAY YES TO SOMETHING FUN |
| <input type="checkbox"/> HAVE A WALKING LUNCH | <input type="checkbox"/> SLEEP IN LATE |
| <input type="checkbox"/> GET ACTIVE (TRY YOGA WITH ADRIENE ON YOUTUBE) 😊 | <input type="checkbox"/> SEND A HELLO NOTE TO ANOTHER MCGRATH WOMAN |