

# My 10 Daily Self-Care Habits

(Example)

1. Floss my teeth once a day.
2. Eat at least 3 servings of fruits and vegetables a day (work up to 9 or more).
3. Spend at least 30 minutes outdoors enjoying nature.
4. Take a 15 minute walk at break time in the morning and another in the afternoon.
5. Pause throughout the day to acknowledge how grateful I am for my life.
6. Meditate for 15 minutes every day in the van pool on the way to work.
7. Read 15 minutes of inspirational literature before bed time at 10:30 p.m.
8. Drink 8 glasses of water a day.
9. Be nice and kind – no matter what.
10. Pause frequently to take a few deep breaths to reduce stress.

**Notice that many of these items take just a few minutes. Don't load your list of 10 items up with things that take a lot of time because you won't be able to keep it up day after day.**

## Instructions:

**Using the blank form below, make a list of your Top 10 Daily Self-Care Habits.**

# My 10 Daily Self-Care Habits

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Instructions:

**Make a list of your Top 10 Daily Self-Care Habits.** Be sure that at least half of them are **things that you're already doing** so you don't feel overwhelmed. Also include **things that don't take much time** but are important to remember to do - like flossing your teeth, pausing during the day to express gratitude, getting a good night's sleep, playing your flute every day, having compassion for yourself, etc.

Post this as a reminder where you'll see it regularly.