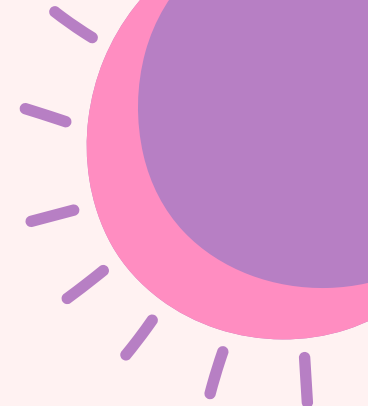


Self-Care

SUNDAY CHECKLIST



 Slow Morning Drink

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 Journaling & Gratitude

☐

 Digital Detox Hour

☐

 Gentle Movement

☐

 Reset Your Space

☐

 Meal Prep for the Week

☐

 Budget Check-In

☐

 Skin & Body Care

☐

 Plan the Week Ahead

☐

 Early Bedtime Routine

☐