Daily Activity Check Chart

Activity	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Laugh/smile for half an hour							
Eat/drink something healthy							
Perform a hard reset on your body							
Increase awareness of your needs							
Do a Self-Compassion exercise							
Exercise							
Get outside							
Use a face peel/mask combined with a self-face-massage							
Get some essential oils and have an aromatherapy bath or use a diffuser							
Do something tactile							
Teach yourself something new							
Consume something inspiring							
Activity							