Self-Care in 10 Minutes Checklist

Your Free Guide to Quick and Effective Self-Care

🌸 Because You Deserve a Moment for Yourself 🌸

This checklist is designed to help you incorporate small but impactful self-care practices into your daily routine. In just 10 minutes, you can reset, recharge, and refocus—no matter how busy life gets.

📂 **What's Inside:**

- Simple, actionable steps to prioritize your well-being
- Quick exercises to reduce stress and boost energy
- Flexible ideas that fit into any schedule
- Space to track your favorite self-care moments

Because Taking Care of You is Not Optional!

Self-care isn't selfish—it's essential. This checklist will help you find balance, even on the busiest days.

Joi Christianson

Helping you nurture yourself, so you can thrive in all areas of life.

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Morning Boost 🌞
[ ] Hydrate & Energize: Start your day with a full glass of water to wake up your body and mind.
[ ] Stretch & Affirm: Dedicate 2 minutes to gentle stretches and say one positive affirmation, like "Today, I choose calm."
[ ] Visualize Success: Take a minute to visualize something you want to accomplish today, such as staying present or finishing a task.

Midday Recharge 🌤️
[ ] Breathe & Walk: Take 5 deep, cleansing breaths, then go for a brisk 2-minute walk or pace indoors to get your blood flowing.
[ ] Listen & Reset: Play one favorite song or calming instrumental track to elevate your mood.
[ ] Gratitude Check: Write down one thing you appreciate about your day so far, no matter how small.

Evening Reset 🌑
[ ] Journal & Reflect: Spend 3 minutes journaling about your day—what went well, what felt challenging, and what you learned.
[ ] Relax & Decompress: Spend 2 minutes in quiet meditation, focusing on your breathing or a soothing sound.
[ ] Plan Ahead: Write one small goal or task for tomorrow to set your mind at ease for the night.

Full-Day Essentials Checklist
[ ] 💧 Drink Water: Aim for a full glass in the morning and afternoon.
[ ] 🛌 Stretch: Take 2 minutes for a full-body stretch.
[ ] 🔧 Declutter: Spend 2 minutes organizing one small area.
[ ] ✨ Affirmations: Look in the mirror and remind yourself, "I'm doing great."
[ ] 🎶 Music Therapy: Play a favorite tune to uplift your spirit.