



# Queen Routine Self-Care Checklist

*How are you going to care for yourself this week?*

Physical Self-Care	M	T	W	T	F	S	S
Cook a healthy, nourishing meal							
Drink a glass of water in the morning							
Exercise or move your body							
Do a skincare routine							
Take a long bath or shower							

Spiritual Self-Care	M	T	W	T	F	S	S
Read your Bible							
Read for 30 minutes							
Listen to a podcast							
Write in a prayer journal							
Plan out your week in advance							

Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Think true thoughts							
Spend time outdoors and in nature							
Journal your thoughts							