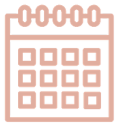
MOMMY R+R

New Year's Self-Care CHECKLIST

- [ ] Write Goals For New Year
- [ ] Start A New Book Or Journal
- [ ]  Plan & Schedule Appts
- [ ] Delete Old Files Off Computer
- [ ] Reflect On Previous & New Year
- [ ] Create A Morning Routine
- [ ] Turn Off Social Media
- [ ] Start Eating Healthy
- [ ] Burn Your Favorite Candle
- [ ] Schedule Annual Check-Ups
- [ ] Create An Evening Routine
- [ ] Start A New Fitness Routine
- [ ] Call A Loved One/Friend
- [ ] Clean Out Your Closet
- [ ] Make Time For You

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