



# My Self-Care List



Things I love doing:

- 1.
- 2.
- 3.

How often I do them:

- 1.
- 2.
- 3.

How often I would like to do them:

- 1.
- 2.
- 3.

Raine Boyd

How can I do more of them:

- 1.
- 2.
- 3.



Schedule them!

This is the hardest part but don't give up now!



remember: your "Me-time" is important & it influences yours & your family's  
**HAPPINESS** ❤️