KINETIC ENERGY

SELF-CARE

TIME DEDICATED TO YOU

PHYSICAL

GET 7-8 HRS OF SLEEP
TAKE A WALK
RIDE A BIKE
DO YOGA

PSYCHOLOGICAL

WRITE IN A JOURNAL
JOIN A COMMUNITY
TRACK YOUR MOOD
DE-CLUTTER

EMOTIONAL

TAKE DEEP BREATHS
POSITIVE AFFIRMATIONS
LAUGH OUT LOUD
GRATITUDE

SPIRITUAL

MEDITATE
FORGIVE YOURSELF
SPEND TIME IN NATURE
WRITE OUT YOUR VALUES

PERSONAL

TREAT YOURSELF
LISTEN TO MUSIC
UNPLUG FROM TECH
SET SHORT & LONG TERM GOALS

NUTRITIONAL

DRINK MORE WATER
LIMIT SUGARY DRINKS
DAILY HEALTHY LUNCH
SNACK ON FRUIT