

POSITIVITY PROJECT

DAILY SELF-CARE CHECKLIST

BE GRATEFUL:

Three things you are grateful for today:

1. _____
2. _____
3. _____

MAKE CONNECTIONS

(Do one or more):

- Reach out to someone else (preferably by phone or video chat)
- Have a heart-to-heart with a family member - turn electronics off, be sure to look at the person you're talking to, and listen more than you talk.
- Tell a friend or loved one what you appreciate about them

SELF-CARE - (Do one or more)

- Meditation
- Physical Activity
- 1-hour news/social media break
- Get outside for at least 15 minutes
- Write in journal
- Take a nap
- Read a book or magazine (not news related)
- Be creative (try a beloved or new hobby, cook a new meal)

Others:

- _____
- _____
- _____