

Weekly Self Care Checklist

Compliments of BarbaraMarie.ca

Morning Alignment	M	T	W	T	F	S	S
5-minute grounding meditation							
Release all that no longer serves you							
Gratitude statement before checking your phone							
Drink a full glass of water upon waking							

Emotional & Mental Clarity	M	T	W	T	F	S	S
Journal your top 3 intentions for the day							
Release any lingering worries through prayer or affirmation							
Keep your schedule spacious — avoid overbooking yourself							

Spiritual Connection	M	T	W	T	F	S	S
Speak your “I Am” affirmations out loud							
Spend 3 minutes in silent listening to Spirit							

Evening Restoration	M	T	W	T	F	S	S
Unplug from screens 30 minutes before bed							
Gentle body stretch or energy clearing							
Give thanks for a great day							

If you have are a holistic practitioner or coach, I invite you to book a free session with me to see how I can support you.

CLICK THE LINK: <https://calendly.com/revbarb/soul-alignment>