

claire's
ULTIMATE

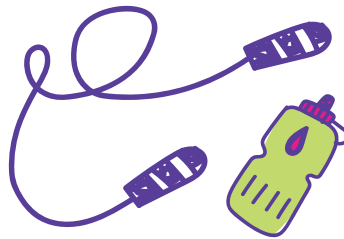
SELF CARE CHECKLIST

Keep this list on hand to remind yourself to take the time to take care of YOU!



Dance in your room

Take a deep breath



Try a new workout

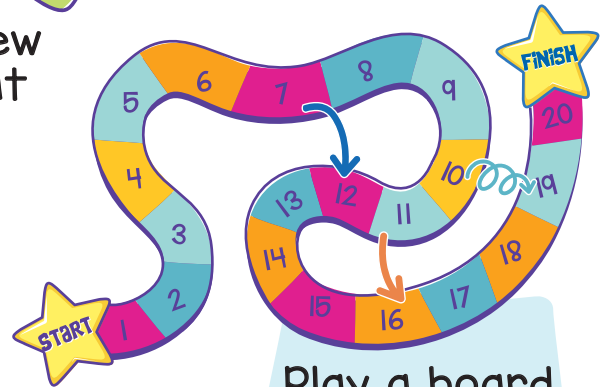


Paint your nails



Call your BFF

Read a book



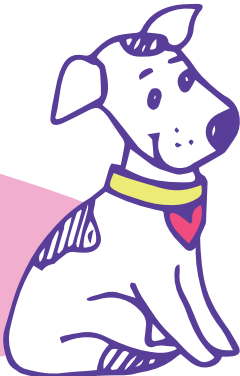
Play a board game with your family



Try a funky new hair style



Play with your pet



All of the little things on this list are a recipe for self-care success!



Do a random act of kindness



At Home
With Claire's