

The title 'Self-Care' is written in a large, elegant, teal-colored cursive font.The title 'DAILY CHECKLIST' is written in a bold, dark blue, sans-serif font.

-  Go on a walk outside
-  Cuddle with my pet
-  Take 5 deep breaths
-  Listen to my favorite song
-  Think of one thing I'm thankful for
-  Write in my journal
-  Give someone a compliment

