

# Radical Self Care™ / Well-Being Checklist © Dynamic Change

Week of:

Action for Well-Being	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Excercise							
Diet+Water							
Stress Management							
Spiritual (Centering + )							
Play/Joy							
Love Act #1 (towards Family/ Spouse/ Children)							
Love Act #2 towards (Family/ Friend)							
Love Act #3 towards (Family/Strangers)							