

Vibes Checklist

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- Exercise
- Eat a balanced meal
- Drink water
- Take vitamins
- Call a loved one
- Text a friend
- Meditate
- Wash face
- Compliment self
- Spend time outside of room
- Tend to hair
- Ask for help
- Shower
- Journal
- Listen to music
- Restful sleep
- Sage
- Light a candle
- Aromatherapy
- Look at clouds
- Delete items from to-do list
- Attend therapy session
- Take a break from social media
- Check in with emotions

GET IT OUT SIS

