

# Self Care Checklist for Friends

Complete one task each month with a friend!

- Complete Your Annual Physical Exam
- Cook a Healthy Meal
- Get a Manicure or Pedicure
- Attend a Happy Hour
- Get a Mammogram
- Read a Personal Development Book
- Attend a Workout Class
- Go to the Beach or on a Nature Hike
- Volunteer for a Cause Important to You
- Attend a Musical Concert or a Dramatic Play

I am not my sister's keeper, I am my sister!  
~ Iyanla VANZANT