



# KEMI SOGUNLE

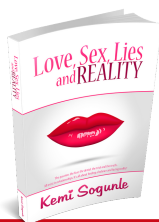
*Certified Life Coach & Relationship Expert*

**Love. Life. Relationship. Purpose.™**

## SELF-CARE

### CHECKLIST

|                             |  |   |
|-----------------------------|--|---|
| <b>PERSONAL DEVELOPMENT</b> | <ul style="list-style-type: none"> <li>• Set life goals</li> <li>• Learn something new</li> <li>• Evaluate goals regularly</li> </ul>  | <ul style="list-style-type: none"> <li>• Develop a healthy mindset</li> <li>• Have an accountability partner</li> <li>• Take care of your emotions</li> </ul> |
| <b>RECREATION</b>           | <ul style="list-style-type: none"> <li>• Exercise</li> <li>• Find a new hobby</li> <li>• Read a book</li> </ul>                        | <ul style="list-style-type: none"> <li>• Travel</li> <li>• Movie nights</li> <li>• Volunteer</li> </ul>   |
| <b>SPIRITUAL</b>            | <ul style="list-style-type: none"> <li>• Meditate/Pray</li> <li>• Write affirmations</li> <li>• Practice mindfulness</li> </ul>        | <ul style="list-style-type: none"> <li>• Establish meaningful paths</li> <li>• Declutter your mind</li> <li>• Spend time with nature</li> </ul>               |
| <b>CAREER</b>               | <ul style="list-style-type: none"> <li>• Set career goals</li> <li>• Learn something new</li> <li>• Collaborate with others</li> </ul> | <ul style="list-style-type: none"> <li>• Take mental breaks</li> <li>• Maintain work/life balance</li> <li>• Develop new skill set</li> </ul>                 |
| <b>FINANCIAL</b>            | <ul style="list-style-type: none"> <li>• Set financial goals</li> <li>• Save regularly</li> <li>• Give to a great cause</li> </ul>     | <ul style="list-style-type: none"> <li>• Establish retirement plan</li> <li>• Set monthly budget</li> <li>• Evaluate spending habits</li> </ul>               |
| <b>FAMILY/FRIENDS</b>       | <ul style="list-style-type: none"> <li>• Keep healthy relationships</li> <li>• Have an inner circle for support</li> </ul>             | <ul style="list-style-type: none"> <li>• Spend quality time</li> <li>• Share ideas for growth</li> <li>• Meet new people</li> </ul>                           |
| <b>HEALTH</b>               | <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Exercise (emotional)</li> <li>• Medical checkup</li> </ul>          | <ul style="list-style-type: none"> <li>• Exercise (mental)</li> <li>• Get enough sleep</li> <li>• Set health goals</li> </ul>                                 |
| <b>ROMANCE</b>              | <ul style="list-style-type: none"> <li>• Give and receive love</li> <li>• Set date nights</li> <li>• Encourage each other</li> </ul>   | <ul style="list-style-type: none"> <li>• Resolve conflicts</li> <li>• Evaluate relationship goals</li> <li>• Respect and forgive each other</li> </ul>        |



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