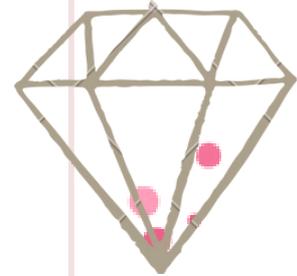
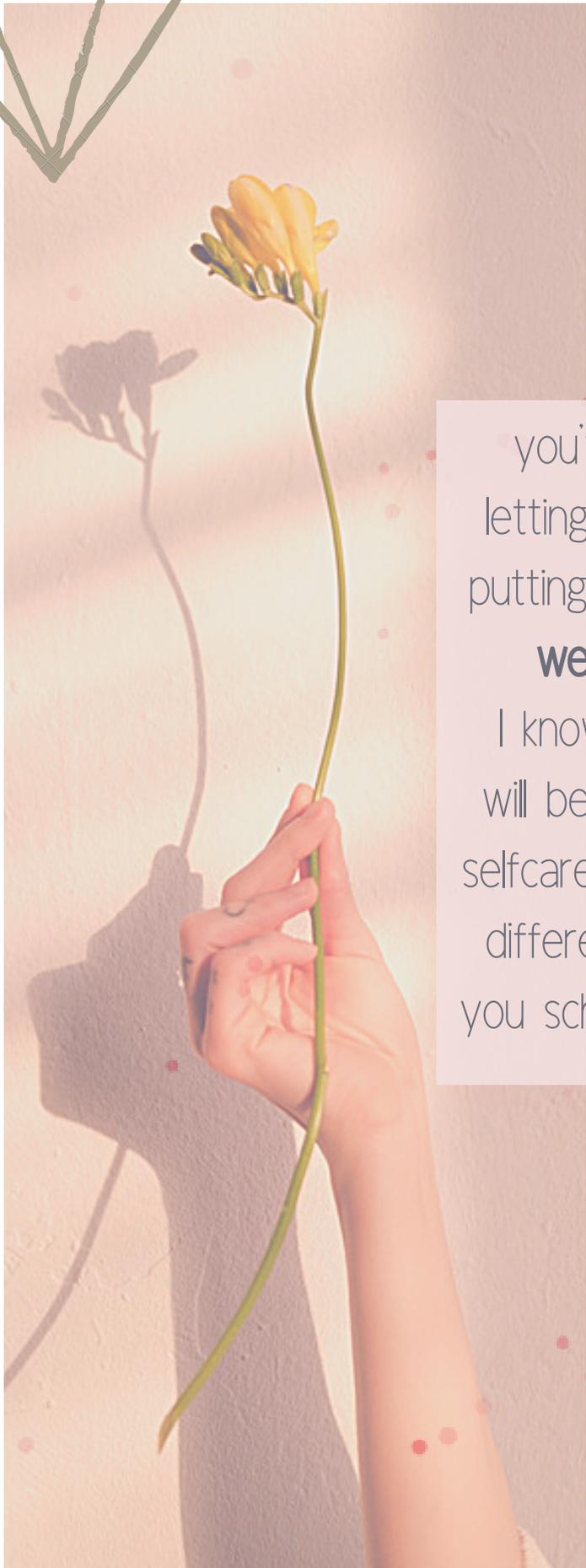
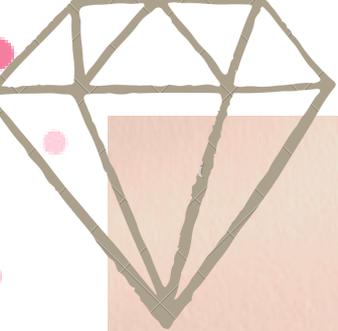


# Welcome

I'm Tamara Maria, your new BFF and self-love bestie... and if we've never met before you need to know how happy I am that you're here!! My passion is to guide you to new ways to create & keep all the 'me moments' you deserve without the guilt, stress and burnout. Thanks for subscribing and downloading my pre-filled master list of selfcare activities and ideas to schedule in your 2023 now!



*Tamaramariaca*

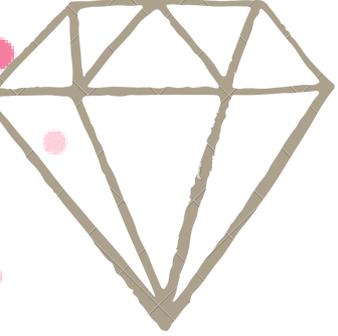


# your 2023 selfcare masterlist

you've taken the first step in not letting another year pass by without putting yourself first **every day, every week and every single month!**

I know it may sound daunting, but it will be easier than you think with my selfcare master list that lays out all the different types of selfcare **and** helps you schedule them into your hectic life!

- daily
- weekly
- monthly
- bi-yearly & yearly



# checklists

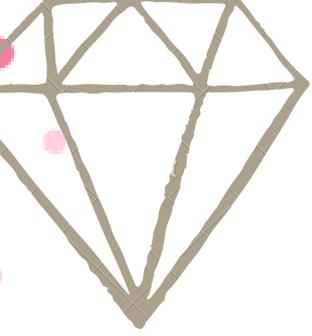
## daily

- hydrate & move your body
- get enough sleep
- get some fresh air / sun
- eat something healthy
- listen/read something inspiring
- repeat your gratitude list or mantras
- 5. I breathing
- self-massage
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

choose your fav tasks and create a routine with them. daily and weekly selfcare tasks tend to be smaller, but don't underestimate how vital they are to your mental, spiritual, and physical wellbeing.

## weekly

- gab sesh. with friends
- clean, organize one room
- meal plan/ grocery shop
- clean up do to list
- let go of stuff you can't control
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# checklists

## monthly

- \_\_\_\_\_ massage therapy
- \_\_\_\_\_ chiropractor
- \_\_\_\_\_ acupuncture
- \_\_\_\_\_ therapy
- \_\_\_\_\_ hair, nails, wax, lashes
- \_\_\_\_\_ house cleaner
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

monthly, yearly and bi-yearly selfcare activities are often more extensive and expensive but are crucial to increasing your new self-love reality.

## bi-yearly

- \_\_\_\_\_ doctor (md & naturopath)
- \_\_\_\_\_ dentist
- \_\_\_\_\_ vacation with a partner ,
- \_\_\_\_\_ yourself or bff
- \_\_\_\_\_ deep clean or junk
- \_\_\_\_\_ removal your home
- \_\_\_\_\_ declutter and organize
- \_\_\_\_\_ your computer files/photos
- \_\_\_\_\_
- \_\_\_\_\_

remember, these lists are *suggestions*. I encourage and expect you to add your own ideas and move some others around (prefer having a house cleaner weekly? cool. want your hair done every 2 months. awesome!)

don't forget to check your health benefits when scheduling these activities, you could save money!



I hope you found some new and inspiring ideas in these pages and have a good start to this new year of self love and self-care! It would mean the world to me if you could [click here](#) and leave a review of this freebie, and of course join me on the blog for more of my favourite self-care tips, products, inspiration and 7 (basic) steps to more self-care!

 [tamaramaria.ca@gmail.com](mailto:tamaramaria.ca@gmail.com)

 [fb.com/tamaramaria.ca](https://fb.com/tamaramaria.ca)

 [ig.com/@tamaramaria.ca](https://ig.com/@tamaramaria.ca)

XOX  
Tamara

[tamaramaria.ca](https://tamaramaria.ca)