

# I.RUN.ME.

## SELF-EVOLUTION

### *A Daily Self-Love Checklist To Start Your Day Right!*

Date: \_\_\_\_\_

- Prayer and/or speak thanks for a new day
- Drink water (aim for 8 cups to 1 gallon throughout each day)
- Meditate 10-15 minutes
- Stretch 10-15 minutes
- Sprint, run, jog, brisk walk, or combo 30-60 minutes
- Muscle building or toning (abs, legs, arms) 10-30 minutes
- Shower (and shave if applicable)
- Self-care/Beauty regimen (skin, hair, teeth, face)
- Get dressed well for the day (be true to your style and comfort)
- Speak self-love and confidence building affirmation(s)

\*Total completion time 60 to 180 minutes (1 to 3 hours)

**NOTES:**