

# SELF-LOVE LAB

## WHAT DO I DO

Starting a career can be overwhelming. Do mini activities to unwind.

1. Select 6 activities.
2. Tick off the checklist and take a moment to note how you're feeling after wrapping up each activity.

**FLEX**  
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## IMPORTANCE OF SELF-CARE

Engaging in mini self-care activities can reduce stress and enhance self-understanding, crucial in early career stages. Pamper yourself for overall well-being.

## TO-DO (FOR MYSELF) LIST

Create a list of things you love to do and try to check one off the list every week!

- ☐ **Nature Walks:** Spend time in green spaces to clear your mind.
- ☐ **Catch Up with Friends or Family:** Spend quality time with loved ones.
- ☐ **Join a Club or Group:** Meet new people with similar interests.
- ☐ **Set Small Goals:** Break down larger goals into manageable tasks.
- ☐ **Breathing Exercises:** Practice deep breathing to reduce stress.
- ☐ **Journaling:** Write down your thoughts and goals.
- ☐ **Drawing or Doodling:** Engage your creative side.
- ☐ **Photography:** Capture moments to appreciate small details.
- ☐ **Yoga or Stretching:** 10–15-minute sessions can help you relax.
- ☐ **Gratitude List:** Write down three things you're grateful for daily.
- ☐ **Mindful Eating:** Enjoy meals without distractions.
- ☐ **Reading:** Dive into a book or interesting articles.
- ☐ **Listening to Music or Podcasts:** Find relaxing or inspiring content.
- ☐ **Cooking or Baking:** Try new recipes and enjoy the process.
- ☐ **Learn Something New:** Take up a new hobby or skill.

I'm not lazy.  
I'm just on energy  
saving mode.

