



Self-Care CHECKLIST

Self-care isn't an act but a loving commitment to oneself. How are you going to cherish yourself this week?

	M	T	W	T	F	S	S
Drink a glass of water in the morning	☐	☐	☐	☐	☐	☐	☐
Exercise or move your body	☐	☐	☐	☐	☐	☐	☐
Cook a healthy, nourishing meal	☐	☐	☐	☐	☐	☐	☐
Practice mindful meditation	☐	☐	☐	☐	☐	☐	☐
Journal your thoughts	☐	☐	☐	☐	☐	☐	☐
Plan out your week in advance	☐	☐	☐	☐	☐	☐	☐
Spend time with a loved one	☐	☐	☐	☐	☐	☐	☐
Attend a workshop or class	☐	☐	☐	☐	☐	☐	☐
Take regular breaks	☐	☐	☐	☐	☐	☐	☐
Watch a light-hearted movie	☐	☐	☐	☐	☐	☐	☐
Go for a long walk	☐	☐	☐	☐	☐	☐	☐
Read for pleasure	☐	☐	☐	☐	☐	☐	☐
Practice gratitude	☐	☐	☐	☐	☐	☐	☐
Take a long bath or shower	☐	☐	☐	☐	☐	☐	☐
Listen to your favorite music	☐	☐	☐	☐	☐	☐	☐
No screen time before bed	☐	☐	☐	☐	☐	☐	☐
Go to sleep before 10pm	☐	☐	☐	☐	☐	☐	☐

