

SELF-CARE CHECKLIST



PHYSICAL SELF-CARE

- Eat 3 balanced meals (with protein, carbs, vegetables)
- Drink 8 glasses of water
- Exercise for 30 minutes (e.g., brisk walk, yoga, strength training)
- Stretch for 10 minutes
- Get 7-9 hours of sleep
- Take all prescribed medications

MENTAL SELF-CARE

- Practice mindfulness or meditation for 10 minutes
- Complete a puzzle (e.g., crossword, Wordle, Sudoku)
- Read a chapter of a book
- Take a 30-minute break from all screens
- Recite positive affirmations
- Write down 3-5 things I'm grateful for

EMOTIONAL SELF-CARE

- Journal about my feelings
- Practice self-compassion by writing down 3-5 positive things about myself
- Say "no" to a non-essential request or invitation
- Listen to music that improves my mood
- Take 5 deep breaths when feeling stressed

SOCIAL SELF-CARE

- Call or video chat with a friend or family member
- Send a thinking-of-you message to someone
- Plan a social activity for the upcoming weekend
- Engage in an online interest group or community
- Offer help to someone in need

SPIRITUAL SELF-CARE

- Spend 15 minutes in prayer, meditation, or reflection
- Take a 20-minute walk in nature
- Write down my values and how I honored them today
- Perform a random act of kindness
- Read or listen to inspiring content for 10 minutes

PROFESSIONAL SELF-CARE

- Write down 3 achievable goals for the day
- Take a 5-minute break every hour during work
- Watch an educational video related to my work
- Organize my workplace
- Network by connecting with a colleague or industry contact

FINANCIAL SELF-CARE

- Review my daily expenses and update my budget
- Save a small amount (even \$1) towards a specific goal
- Research one way to reduce a regular expense
- Avoid impulse purchases by waiting 24 hours before buying non-essential items
- Study a financial topic (e.g., investing, saving strategies)

ENVIRONMENTAL SELF-CARE

- Declutter one small area (e.g., a drawer, shelf, or countertop)
- Open a window for 15 minutes to let in fresh air
- Use a reusable water bottle or coffee cup
- Turn off electronics and lights when not in use
- Water my plants or spend 10 minutes gardening

MY SELF-CARE CORNER

My personal self-care items:

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-

Notes about today:

Mood rating (1-10):

DAILY SELF-CARE CHECKLIST

How to Use This Checklist

Welcome to your journey of self-care! This checklist is designed to help you prioritize your well-being across various aspects of your life.

Remember, self-care is not about perfection—it's about progress and making conscious choices that nourish your mind, body, and spirit.

Here's how to make the most of this checklist:

1. **Date Your Journey:** Start by writing today's date at the top of the page. This simple act helps you track your self-care journey over time.
2. **Start Small:** Don't feel pressured to tackle everything at once. Begin by choosing 1-3 items from different categories that resonate with you each day.
3. **Be Flexible:** Your needs may vary from day to day. Listen to yourself and adjust your choices accordingly.
4. **Celebrate Small Wins:** Every item you check off is a step towards better self-care. *Acknowledge and appreciate your efforts, no matter how small they might seem.*
5. **Mix It Up:** Try to incorporate items from different categories throughout the week to ensure a well-rounded approach to self-care.
6. **Reflect and Adjust:** At the end of each week, take a moment to reflect on what worked well and what didn't. Based on your insights, adjust your choices for the upcoming week.
7. **Be Kind to Yourself:** Remember, the goal is not to complete every item every day. It's about making conscious choices to take care of yourself in ways that feel meaningful and manageable to you.
8. **Make It Your Own:** Personalize this checklist to fit your unique needs. Modify existing items, add your own, and make full use of your Self-Care Corner. This space allows you to:
 - Reflect on your day by rating your mood and noting key experiences
 - Add personal self-care items not covered in the other categories
 - Track patterns in your self-care journey and set future goals

Remember, every step you take towards self-care is an investment in your overall well-being.

You got this!



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