

Self-Care Checklist



Check the ones you did today or want to focus on this week

MIND

☐

Took breaks
from screens

☐

Read or learned
something

☐

Practiced
mindfulness or
meditation

☐

Wrote in a
journal

☐

Said something
kind to myself

BODY

☐

Moved my body

☐

Ate nourishing
food

☐

Spent enough
water

☐

Got enough
sleep

☐

Took a shower
or cared for
my body

EMOTIONS

☐

Expressed my
feelings

☐

Did something
I enjoy

☐

Spent time with
people I care
about

☐

Practiced
gratitude

☐

Let go of
something I
can't control

ENVIRONMENT

☐

Tidied or
organized my
space

☐

Spent time in
nature or fresh air

☐

Created a
comfortable
space

☐

Limited
negativity

☐

Made my
surroundings
peaceful

My Self-Care Planner



Plan small actions you can take to care for yourself this week

DAILY

Quick actions I can do every day

WEEKLY

Actions I will do this week

WHEN I NEED SUPPORT

What helps me recharge



Reminder to myself:

Reflection



Take time to reflect and celebrate your progress



What self-care habits helped me feel better?



What do I want to keep doing?



What is one new habit I want to try?

A Kind reminder



You don't have to do everything. Small steps count. You are worthy of care, every single day.



Today I am prond of:
