

Self-Care Checklist

SELF-CARE ISN'T AN ACT BUT A LOVING COMMITMENT TO ONESELF.
HOW ARE YOU GOING TO NURTURE YOURSELF THIS WEEK?

	M	T	W	T	F	S	S
Drink a glass of water in the morning	☐	☐	☐	☐	☐	☐	☐
Exercise or move your body	☐	☐	☐	☐	☐	☐	☐
Eat at least 1 home-cooked meal daily	☐	☐	☐	☐	☐	☐	☐
Drink 8-10 glasses of water	☐	☐	☐	☐	☐	☐	☐
Do some journaling	☐	☐	☐	☐	☐	☐	☐
Practice some mindful meditation	☐	☐	☐	☐	☐	☐	☐
Spend time with a loved one	☐	☐	☐	☐	☐	☐	☐
Indulge in some hobby time	☐	☐	☐	☐	☐	☐	☐
Learn something new	☐	☐	☐	☐	☐	☐	☐
Take a walk in nature	☐	☐	☐	☐	☐	☐	☐
Read for pleasure	☐	☐	☐	☐	☐	☐	☐
Practice daily gratitude	☐	☐	☐	☐	☐	☐	☐
Do a 10/15-min quick house clean-up	☐	☐	☐	☐	☐	☐	☐
Take a long bath or shower	☐	☐	☐	☐	☐	☐	☐
No screen time an hour before bed	☐	☐	☐	☐	☐	☐	☐
Go to sleep before 11pm	☐	☐	☐	☐	☐	☐	☐
Sleep for at least 7-8 hours	☐	☐	☐	☐	☐	☐	☐

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