

Your Essential Self-Care Checklist



Daily and Weekly Self-Care Tasks

Prioritize your well-being with **simple daily tasks** like drinking water, eating nourishing meals, and spending time outdoors.

Weekly Self-Care Routine

Reflect on your week and **set boundaries** while trying something new to rejuvenate your spirit.

(Weekly) SELF-CARE

DATE ____ / ____ / ____

CHOOSE 3-5 EACH WEEK

C H E C K L I S T

- | | |
|---|---|
| ☐ JOURNAL YOUR THOUGHTS OR FEELINGS | ☐ READ A BOOK |
| ☐ PRACTICE GRATITUDE (WRITE 3 THINGS) | ☐ LISTEN TO A PODCAST |
| ☐ SPEND TIME IN NATURE | ☐ TAKE A RELAXING BATH OR SHOWER |
| ☐ CALL OR MEET UP WITH A LOVED ONE | ☐ MEDITATION |
| ☐ GO FOR A WALK | ☐ WATCH A MOVIE |
| ☐ DECLUTTER OR ORGANIZE A SPACE | ☐ DO SOMETHING CREATIVE (ART, COOKING, MUSIC) |
| ☐ HAVE A SCREEN-FREE HOUR/DAY | ☐ TRY A NEW RESTAURANT |
| ☐ LISTEN TO MUSIC | ☐ MEDITATE OR PRAY |
| ☐ HAVE A POWER NAP | ☐ TRY A NEW RECIPE |
| ☐ SOCIAL MEDIA BREAK | ☐ REFLECT: 'HOW AM I FEELING THIS WEEK?' |

WORKOUT

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| ☐ CARDIO | ☐ WEIGHT | ☐ YOGA |
| ☐ STRETCH | ☐ REST DAY | ☐ OTHER |

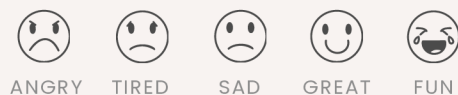
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



THINGS THAT
MAKE ME
HAPPY TODAY



DAILY SELF-CARE

CHECK OFF EACH DAY

week

task activity

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start your day with a
glass of water

Move your body
(workout/walk)

practice deep breathing
for 5 minutes

Eat nourishing, balanced
meals

have a healthy snack

stretch for 5 minutes

Limit screen time before
bed

enjoy a relaxing bath or
shower

Do something that brings
joy

notes

goals