

Self-Care Checklist

Date:

DAILY SELF-CARE

	M	T	W	T	F	S	S
Make Your Bed Every Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take your Medications & Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate or Do Yoga for 20 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Outside for at Least 10 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 8 Glasses of Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do at Least One Thing That Makes You Happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do Your Dishes After Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a Nightly Check-in with Yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write Down One Thing You're Grateful For	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan Out Your Schedule for the Next Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stop Using Your Phone 30 Minutes Before Bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a Physical Book for Ten Minutes Every Night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put Your Phone on Do Not Disturb While You Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY SELF-CARE

- Bake Something You Love
- Talk to Someone You're Close To
- Eat Lunch Away from Your Desk
- Do Some Bodywork Like Massage or Stretching
- Have a Long Soak in the Tub
- Take a Hike in Nature
- Spend Time on a Creative Activity
- Attend to Household Chores
- Set Your Intention for the Week Ahead
- Meal Prep Healthy Meals for the Week Ahead

MONTHLY SELF-CARE

- Have a Pampering Treatment
- Try a New Tea or Candle
- Try a New Activity
- Spend One Day Unplugged from Social Media
- Have a Lunch Date with a Friend
- Spend Time Volunteering
- Have an Artist's Date with Yourself
- Declutter an Area of Your Home

IN CASE OF EMERGENCY

- Listen to a Feel Good Playlist
- Watch an Inspiring Ted Talk
- Try a New Workout Routine
- Follow Along with a Youtube Makeup Tutorial
- Use Your Vacation Time from Work
- Make a Self-Care Kit and Use it
- Have a Solo Dance Party
- Ask for Help