My Self-Care Checklist

Check off items daily as you complete them.

BODY

	MON	TUE	WED	THU	FRI	SAT	SUN
Get eight hours of sleep	☐	☐	☐	☐	☐	☐	☐
Go for a walk	☐	☐	☐	☐	☐	☐	☐
Drink water throughout the day	☐	☐	☐	☐	☐	☐	☐
Stretch every hour while working at my desk	☐	☐	☐	☐	☐	☐	☐
Implement a morning and evening self-care routine	☐	☐	☐	☐	☐	☐	☐
Rest eyes from looking at screens throughout the day	☐	☐	☐	☐	☐	☐	☐

MIND

	MON	TUE	WED	THU	FRI	SAT	SUN
Read a book	☐	☐	☐	☐	☐	☐	☐
Limit social media to 30 minutes a day	☐	☐	☐	☐	☐	☐	☐
Take a five-minute break every hour	☐	☐	☐	☐	☐	☐	☐
Repeat a positive personal mantra out loud	☐	☐	☐	☐	☐	☐	☐
Meditate for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Practice mindful breathing	☐	☐	☐	☐	☐	☐	☐

SOUL

	MON	TUE	WED	THU	FRI	SAT	SUN
Write in a gratitude journal	☐	☐	☐	☐	☐	☐	☐
Listen to music for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Make a craft of your choice	☐	☐	☐	☐	☐	☐	☐
Spend 30 minutes in nature	☐	☐	☐	☐	☐	☐	☐
Cook yourself a fresh meal	☐	☐	☐	☐	☐	☐	☐
Be still, pause, and take a breath	☐	☐	☐	☐	☐	☐	☐

My Self-Care Checklist

Fill in each space with self-care habits you want to practice. Check off items daily as you complete them.

BODY

	MON	TUE	WED	THU	FRI	SAT	SUN
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

MIND

	MON	TUE	WED	THU	FRI	SAT	SUN
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

SOUL

	MON	TUE	WED	THU	FRI	SAT	SUN
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐