



# Self-Care Checklist



## Take a moment for yourself!

### Daily Self-Care

- I drank enough water today
- I ate something nourishing
- I moved my body in a way that felt good
- I took a few deep breaths to reset
- I said something kind to myself
- I got some fresh air
- I got at least 7-8 hours of sleep



### Emotional Check-In

- I noticed how I was feeling with no judgement
- I talked to someone I trust
- I wrote down my thoughts or feelings
- I gave myself permission to rest
- I did something that made me laugh or smile
- I lit a candle or turned on cozy lights

### Feel Good Activities

- Stretch or do a short yoga flow
- Read a book or comic I enjoy
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### Empowerment Boost

- I reminded myself “I am enough”
- I focused on progress, not perfection
- I set a small goal and took a step toward it
- I celebrated something I did well today