



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
- ☐
- ☐
- ☐

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