

Self-Care CHECKLIST

Self-care isn't an act but a loving commitment to oneself.

How are you going to cherish yourself this week?

Physical Self-Care	S	M	T	W	T	F	S
Cook a healthy, nourishing meal							
Drink a glass of water in the morning							
Exercise or move your body							
Do skincare routine							
Take a long bath or shower							

Mind & Soul Self-Care	S	M	T	W	T	F	S
Attend a workshop or class							
Read for 30 minutes							
Listen to a podcast episode							
Learn something new							
Plan out your week in advance							

Emotional Self-Care	S	M	T	W	T	F	S
Practice daily gratitude							
Spend time with a loved one							
Foster a positive mindset							
Spend time outdoors and in nature							
Journal your thoughts							