

Self-Care

CHECKLIST



Date : _____

No	Activities	M	T	W	T	F	S	S
1	Get 7-8 hours of sleep							
2	Drink 8 glasses of water							
3	Exercise for 30 minutes							
4	Eat a balanced meal							
5	Take a relaxing bath							
6	Plan your day							
7	Spend time in nature							
8	Journal your thoughts							
9	Read for 20 minutes							
10	Connect with a loved one							
11	Declutter a space							
12	Take a break from screens for an hour or more							
13	Practice positive affirmations							
14	Spend time doing something you love							
15	Write down three things you're grateful for today							