



SELF-CARE CHECKLIST



Self-care isn't something you do, but a loving commitment to who you are. How did you care for yourself this week?

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|--------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Take a warm bath/shower | <input type="checkbox"/> | Try a new hobby |
| <input type="checkbox"/> | Read for fun | <input type="checkbox"/> | Listen to your favorite music |
| <input type="checkbox"/> | Go for a long walk | <input type="checkbox"/> | Spend time with a loved one |
| <input type="checkbox"/> | Practice mindful meditation | <input type="checkbox"/> | Watch a light-hearted movie |
| <input type="checkbox"/> | Journal thoughts/feelings | <input type="checkbox"/> | Do 5 belly breaths |
| <input type="checkbox"/> | Try gentle yoga/Stretch | <input type="checkbox"/> | Take a short nap |
| <input type="checkbox"/> | Cook a nourishing meal | <input type="checkbox"/> | Go for a swim |
| <input type="checkbox"/> | Visit a museum or gallery | <input type="checkbox"/> | Start a gratitude practice |
| <input type="checkbox"/> | Gardening | <input type="checkbox"/> | Attend a workshop or class |
| <input type="checkbox"/> | Paint or draw | <input type="checkbox"/> | Explore a new neighborhood |