

SELF-CARE CHECKLIST

WEEK OF: _____

M T W T F S S

GENERAL	M	T	W	T	F	S	S
watch a movie							
drink herbal tea							
tidy up your room/house							
play with a dog							
spend time outdoors							
eat lunch away from desk							
clear out email							
take a bubble bath							
declutter a room							
PHYSICAL	M	T	W	T	F	S	S
30 min exercise							
spa day							
hydrate							
eat clean foods							
deep and slow breathing							
go for a walk							
yoga							
8 hours sleep							
MENTAL / EMOTIONAL	M	T	W	T	F	S	S
journal							
digital detox							
no news day							
DIY, coloring, drawing							
read a book							
call a friend							
meditate for 10 minutes							
recite positive affirmations							
praise effort/progress toward goal							

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WEEK OF: _____

	M	T	W	T	F	S	S
GENERAL							
PHYSICAL							
MENTAL / EMOTIONAL							



Self-Care

CHECKLIST

WEEK OF: _____

M	T	W	T	F	S	S
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	M	T	W	T	F	S	S
BASIC							
watch a movie							
drink herbal tea							
tidy up your room/house							
play with a dog/cat							
take a bubble bath							
spend time outdoors							
PHYSICAL							
30 min exercise							
spa day							
hydrate							
eat clean foods							
deep and slow breathing							
MENTAL / EMOTIONAL							
journal							
digital detox							
read a book							
meditate 10 minutes							
praise effort/progress toward a goal							