

SELF CARE CHECKLIST

WEEK OF: _____

MONTH: _____

TASKS

DRINK A GLASS OF WATER IN THE MORNING

EXERCISE OR MOVE YOUR BODY

COOK A HEALTHY, NOURISHING MEAL

PRACTICE MINDFUL MEDITATION

JOURNAL YOUR THOUGHTS

PLAN OUT YOUR WEEK IN ADVANCE

SPEND TIME WITH A LOVED ONE

ATTEND A WORKSHOP OR CLASS

TAKE REGULAR BREAKS

WATCH A LIGHT-HEARTED MOVIE

GO FOR A LONG WALK

READ FOR PLEASURE

PRACTICE GRATITUDE

TAKE A LONG BATH OR SHOWER

LISTEN TO YOUR FAVORITE MUSIC

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