

# SELF-CARE CHECKLIST

undated

## BODY

- ☐ Moved my body
- ☐ Ate something good
- ☐ Drank enough water
- ☐ Went outside
- ☐ Stretched
- ☐ Rested when tired
- ☐ Slept enough
- ☐ Took my medicine

## MIND

- ☐ Screen-free time
- ☐ Read something
- ☐ Wrote it down
- ☐ Did one slow thing
- ☐ Said no to something
- ☐ Asked for help
- ☐ Made something
- ☐ Sat quietly

## HEART

- ☐ Called someone
- ☐ Said thank you
- ☐ Was kind to myself
- ☐ Let something go
- ☐ Laughed
- ☐ Listened to music
- ☐ Did nothing on purpose
- ☐ Planned something nice

## THIS WEEK I WILL

---

---

---

---

---

---

---

---

---

---

---