

Self-Care CHECKLIST

Self-care isn't an act but a loving commitment to oneself.

How are you going to cherish yourself this week?

Physical Self-Care	M	T	W	T	F	S	S
Go for a walk and leave your phone at home							
Stretch your body for 5 minutes							
Drink a full glass of water with lemon							
Deep clean your space (hello, therapy!)							
Take a nap without guilt							

Mind & Soul Self-Care	M	T	W	T	F	S	S
Unfollow 5 people on social media who drain your energy							
Journal for 5 minutes with no filter							
Write down 3 things you're grateful for							
Create a "No List" — things you're done tolerating							
Plan out your week in advance							

Emotional Self-Care	M	T	W	T	F	S	S
Cry if you need to—no shame							
Write a letter you'll never send							
Look through old happy photos							
Spend time outdoors and in nature							
Open all the windows and let fresh air in							