Self-Care Checklist

Small kindnesses for body, mind, heart and home.

BODY

- [ ] Drink enough water
- [ ] Stretch for 10 minutes
- [ ] Go for a walk
- [ ] Sleep 7 hours
- [ ] Eat a good meal
- [ ] Take a warm shower
- [ ] Move my body

MIND

- [ ] Read for 15 minutes
- [ ] Write in a journal
- [ ] Unplug for an hour
- [ ] Learn something small
- [ ] Make a simple plan
- [ ] Say no to one thing
- [ ] Take deep breaths

HEART

- [ ] Call a friend
- [ ] Say thank you
- [ ] Give a compliment
- [ ] Forgive something small
- [ ] Hug someone
- [ ] Write a kind note
- [ ] Be kind to myself

HOME

- [ ] Tidy one corner
- [ ] Put on fresh sheets
- [ ] Light a candle
- [ ] Open the windows
- [ ] Water the plants
- [ ] Declutter a drawer
- [ ] Play calm music

JOY

- [ ] Play a favorite song
- [ ] Watch something funny
- [ ] Try a new recipe
- [ ] Spend time outside
- [ ] Do a hobby
- [ ] Dance in the kitchen
- [ ] Plan a small treat

THIS WEEK I WILL

WEEKLY CHECK-IN

M	T	W	T	F	S	S
○	○	○	○	○	○	○

Color a circle on every day you did one thing just for you.

Mood Map and Reflection

Notice how you feel, and what helps.

MY MONTHLY MOOD MAP

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

31

MOOD KEY (PICK A COLOR FOR EACH)

GREAT

GOOD

OKAY

LOW

TOUGH

WHAT LIFTS ME UP

WHAT DRAINS ME

MY SELF-CARE PROMISE