

Ultimate Self-Care Checklist

Physical Activities

- ☐ Attend a community event or festival
- ☐ Attend an indoor or outdoor concert
- ☐ Bowling
- ☐ Go dancing
- ☐ Eat lunch away from your desk
- ☐ Exercise/Movement
- ☐ Get a massage
- ☐ Go to a museum
- ☐ Attend a sporting event & cheer them on
- ☐ Go see a movie
- ☐ Go to the park
- ☐ Go to the zoo
- ☐ Golf or putt-putt
- ☐ Grocery shopping
- ☐ Ice skating
- ☐ Pickleball
- ☐ Ride a bike
- ☐ Go rollerskating
- ☐ Go shopping
- ☐ Skiing/snowboarding
- ☐ Stretching
- ☐ Swimming
- ☐ Tennis
- ☐ Use your work PTO for a vacation
- ☐ Visit a local tourist attraction
- ☐ Walk
- ☐ Yoga/Pilates

Health & Routine

- ☐ Get your annual physical for overall health
- ☐ Attend to your own health needs
- ☐ Chores/Declutter your home, car, workspace
- ☐ Dental care
- ☐ Eat healthy meals regularly
- ☐ Develop an evening routine
- ☐ Track your finances
- ☐ Make a budget
- ☐ Get at least 7 hours of sleep nightly
- ☐ Limit sugar
- ☐ Maintain your hygiene
- ☐ Meal planning
- ☐ Meal prep for the day or week
- ☐ Wake up early
- ☐ Skin Care
- ☐ Take naps or rest during the day
- ☐ Stay hydrated
- ☐ Take your prescribed medications consistently
- ☐ Vitamins/Supplements
- ☐ Eat whole foods, veggies and fruits
- ☐ Take some deep breaths

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Emotional Wellbeing

- ☐ Ask for and accept support from others
- ☐ Be kind to yourself
- ☐ Celebrate your wins
- ☐ Challenge yourself
- ☐ Communicate your needs clearly and directly
- ☐ Cry it out
- ☐ Ditch anything bringing you down
- ☐ Do something that makes you happy
- ☐ Express how you feel
- ☐ Find the silver lining in every challenge
- ☐ Forgive yourself
- ☐ Give five compliments in one day
- ☐ Take a break without feeling guilty
- ☐ Start a gratitude journal
- ☐ Set your boundaries
- ☐ Have realistic expectations of yourself
- ☐ Honor your true self
- ☐ Identify & acknowledge your feelings
- ☐ Identify triggers that cause you stress
- ☐ Indulge in your favorite dessert once per week
- ☐ Journal your thoughts and feelings
- ☐ Keep a gratitude jar for when you feel down
- ☐ Laugh often
- ☐ Keep your sense of humor
- ☐ Learn to say No
- ☐ Let go of things you cannot control
- ☐ Listen to upbeat music
- ☐ Meditate
- ☐ Take "me-time"
- ☐ Practice mindfulness
- ☐ No complaining for a day
- ☐ Practice acts of kindness to others - smile, wave, say hello to a stranger
- ☐ Forgive often
- ☐ Recognize your happiness level
- ☐ List 3 things you are grateful for when you wake and before you go to bed
- ☐ Practice your "power pose"
- ☐ Recognize your stress level
- ☐ Remember to breathe
- ☐ Say supportive things
- ☐ Think of a memory that makes you laugh
- ☐ Pay it forward
- ☐ Recognize your happiness level
- ☐ Write down 10 things you are proud of
- ☐ Seek supportive counseling when you need it
- ☐ Write down what you love most about yourself
- ☐ Praise yourself - Say positive things to yourself

Spiritual

- ☐ Attend a spiritual service
- ☐ Donate to a cause or charity
- ☐ Help someone
- ☐ Meditation
- ☐ Observe quiet time
- ☐ Pray
- ☐ Read inspiration quotes
- ☐ Read spiritual books
- ☐ Recite a mantra
- ☐ Self-reflect
- ☐ Soak in the sun (with sunscreen)
- ☐ Spend time alone
- ☐ Spend time in nature
- ☐ Talk to God
- ☐ Stargaze
- ☐ Watch a Sunrise/Sunset
- ☐ Nourish your soul w/ inspiring stories & books

Remember to Love Yourself

Ultimate Self-Care Checklist Continued

Intellectual / Mental

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|--|---|
| <input type="checkbox"/> Attend to household chores | <input type="checkbox"/> Practice daily affirmations |
| <input type="checkbox"/> Eliminate stress by planning and budgeting ahead of time | <input type="checkbox"/> Put on fresh sheets |
| <input type="checkbox"/> Avoid toxic people & places | <input type="checkbox"/> Read a motivating book |
| <input type="checkbox"/> Buy yourself a gift | <input type="checkbox"/> Listen to an audiobook |
| <input type="checkbox"/> Cook your favorite meal or treat | <input type="checkbox"/> Reminisce on old photos |
| <input type="checkbox"/> Cooking or baking | <input type="checkbox"/> Set personal goals |
| <input type="checkbox"/> Create a feel-good play list of music | <input type="checkbox"/> Sing or play an instrument |
| <input type="checkbox"/> Create a self-care kit for emergencies | <input type="checkbox"/> Take a cooking class |
| <input type="checkbox"/> Create a vision board | <input type="checkbox"/> Try a DIY project |
| <input type="checkbox"/> Declutter and organize your home, car, or workspace - and then enjoy it! | <input type="checkbox"/> Play games - cornhole, boardgames, cards |
| <input type="checkbox"/> Develop morning and nightly routines | <input type="checkbox"/> Self-discovery - What do you really like? |
| <input type="checkbox"/> Do a puzzle or word games | <input type="checkbox"/> Watch a documentary on a topic you're interested in |
| <input type="checkbox"/> Have one new experience weekly | <input type="checkbox"/> Watch a good movie |
| <input type="checkbox"/> Complete one thing on your to-do list | <input type="checkbox"/> Rewatch your favorite movie |
| <input type="checkbox"/> Donate unused items | <input type="checkbox"/> Watch a TedTalk video |
| <input type="checkbox"/> Draw, doodle, or paint | <input type="checkbox"/> Enjoy your favorite television show |
| <input type="checkbox"/> Explore your creativity | <input type="checkbox"/> Write a letter to your future self |
| <input type="checkbox"/> Go to bed before midnight | <input type="checkbox"/> Create your bucket list |
| <input type="checkbox"/> Get out of bed on time **no snooze** | <input type="checkbox"/> Practice creative writing |
| <input type="checkbox"/> Have a hobby - pottery, knitting, sewing, or scrapbooking | <input type="checkbox"/> Take photos of your favorite people, places or things |
| <input type="checkbox"/> Learn one thing new every day | <input type="checkbox"/> Watch funny reels or videos |
| <input type="checkbox"/> Learn to play an instrument | <input type="checkbox"/> Plan your tasks for the day by creating a to-do list & check them off as completed |
| <input type="checkbox"/> Make a list of your favorite self-care activities that you can do in under 15 min | <input type="checkbox"/> Make your bed every morning |
| <input type="checkbox"/> Listen to your favorite podcast | <input type="checkbox"/> Meditate **notice the repeat** |
| <input type="checkbox"/> Sing to your favorite song | <input type="checkbox"/> Pet an animal |
| <input type="checkbox"/> Look for new recipes to try out | <input type="checkbox"/> Plan your schedule for the next day |

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Social

- ☐ Avoid negative energies
- ☐ Be around like-minded people
- ☐ Be present
- ☐ Call a friend and talk to them about anything
- ☐ Catch up with friends via phone or text
- ☐ Celebrate the "wins" by telling others
- ☐ Have a date night
- ☐ Dress up and go out
- ☐ Give social media a break
- ☐ Give yourself a digital detox and unplug
- ☐ Go to a farmer's market
- ☐ Have lunch with a friend
- ☐ Workout with others
- ☐ When stressed, identify a friend to text or call
- ☐ Join a club
- ☐ Participate in a caregiver support group or forum, in person or online
- ☐ Be intentional about meeting new people
- ☐ Attend spiritual events and functions
- ☐ Organize a friend dinner
- ☐ Participate in a community event
- ☐ People watch at the mall or community area
- ☐ Plan a getaway
- ☐ Plan a girl's night out
- ☐ Say something nice to a stranger
- ☐ Send a letter or card
- ☐ Take yourself out for a coffee date
- ☐ Text a loved one
- ☐ Spend time with family weekly
- ☐ Spend time with friends weekly
- ☐ Unfollow negative people, groups, pages on social media
- ☐ Volunteer
- ☐ Spend time with friends weekly

- ☐ Volunteer
- ☐ Make dinner with a loved one, together
- ☐ Go to a paint/sip event with friends

Sensory

- ☐ Get fresh air
- ☐ Take a bubble bath
- ☐ Burn a scented candle
- ☐ Practice breathing exercises
- ☐ Drive and listen to your favorite music
- ☐ Get a relaxing massage
- ☐ Give yourself a mani/pedi at home
- ☐ Give yourself a tight hug
- ☐ Enjoy a fresh flower arrangement in your home
- ☐ Light all your candles, turn down the lights. Optional - listen to relaxing music
- ☐ Listen to soothing music
- ☐ Make a hot drink, set back and relax
- ☐ Make movie theatre popcorn at home
- ☐ Spray your pillow with lavender
- ☐ Stimulate your senses with a fuzzy blanket, squishy object, scented candle, walking barefoot on the grass and listening to a calming app
- ☐ Take a warm bath or shower
- ☐ The smell of oranges improves your mood - add the scent to your home
- ☐ Use eucalyptus or peppermint oils, soaps & lotions
- ☐ Use smartphone calming apps like Calm, Headspace, Meditation Oasis or Insight Timer

Remember to Love Yourself

WEEKLY SELF-CARE CHECKLIST

Month: Week:

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Remember to Love Yourself