

My Self-Care Checklist

 



Self-Care Checklist

Use this list to create your own self-care checklist.

- ★ Make your bed after getting up in the morning
- ★ Listen to your favorite music
- ★ Write down how you are feeling in a journal
- ★ Call a loved one ★ Go for a walk
- ★ Make a schedule of your workload this week
- ★ Sit in the sun for at least 10 minutes
- ★ Take a break from homework
- ★ Take a warm shower
- ★ Follow a 5 minute guided meditation
- ★ Read a book ★ Declutter your room
- ★ Write down positive affirmations
- ★ Do your dishes after dinner

