SELF-CARE CHECKLIST

Self–care is not merely an action; it is a heartfelt commitment to nurturing oneself. How did you honor yourself this week?

- ☐ Take a long bath
- ☐ Read for pleasure
- ☐ Go for a long walk
- ☐ Practice mindful meditation
- ☐ Journal your thoughts
- ☐ Try gentle yoga
- ☐ Cook a nourishing meal
- ☐ Visit a museum or gallery
- ☐ Gardening
- ☐ Paint or draw

- ☐ Engage in a hobby
- ☐ Listen to your favorite music
- ☐ Spend time with a loved one
- ☐ Watch a light-hearted movie
- ☐ Pamper yourself
- ☐ Take a short nap
- ☐ Go for a swim
- ☐ Practice gratitude
- ☐ Attend a workshop or class
- ☐ Explore a new place