

self-care checklist

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CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.

- GO FOR A WALK
- DRINK HERBAL TEAS
- EXERCISE
- MEAL PREP
- DECLUTTER YOUR SPACE
- EAT A HEALTHY BREAKFAST
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- MAKE YOUR BED
- TAKE A BUBBLE BATH
- CATCH UP WITH A FRIEND
- VISIT/CALL A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MANI, PEDI, OR MASSAGE DAY
- GET ENOUGH SLEEP
- TRY SOMETHING NEW
- MEDIATE
- BURN A CANDLE
- CREATE A TO-DO LIST