# Self-Care Checklist

A weekly check-in with yourself. Tick what you did, notice what is missing.

**Week of** _____ **One thing I need more of** _____

## Body

- [ ] Sleep 7–9 hours
- [ ] Drink enough water
- [ ] Eat something green
- [ ] Move for 30 minutes
- [ ] Get fresh air & sunlight
- [ ] Take a proper shower or bath
- [ ] Stretch tight muscles
- [ ] Take meds & vitamins

## Mind

- [ ] Take a break from screens
- [ ] Write in a journal
- [ ] Read for pleasure
- [ ] Say no to one thing
- [ ] Do one thing at a time
- [ ] Tidy one small space
- [ ] Learn something new
- [ ] Ask for help when you need it

## Heart

- [ ] Call or text a friend
- [ ] Spend time with someone you love
- [ ] Do something just for fun
- [ ] Spend time in nature
- [ ] Listen to music you love
- [ ] Write down what you are grateful for
- [ ] Forgive yourself a mistake
- [ ] Celebrate a small win

## My own

- [ ] _____
- [ ] _____
- [ ] _____

## My own

- [ ] _____
- [ ] _____
- [ ] _____

## My own

- [ ] _____
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