Self-care CHECKLIST

WEEK OF
/ /

Maintaining a self-care routine is important for total wellness. Using this daily checklist as a tool, may help manage stress and increase self-care awareness

What did I do for me?	M	T	W	Th	F	Sa	Su
Practical							
Register for Professional Dev							
Organize closet							
Schedule upcoming events							
Create weekly/monthly budget							
Spiritual							
Devotion							
Prayer/Meditation							
Attend worship (in-person/online)							
Read scripture							
Social							
Meal/drinks with friends							
Attend social gathering							
Non-business Zoom/Google Hang							
Date night							

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What did I do for me?	M	T	W	Th	F	Sa	Su
Physical							
Walk/run/exercise							
Get sunlight/fresh air							
Take a nap							
Dance to favorite music							
Mental							
Unplug from media (social/news)							
Complete a puzzle							
Read (magazine, book)							
Visit museum/art gallery (real/virtual)							
Emotional							
Journal							
Forgive yourself							
Write/Verbalize Affirmations							
Meditate							

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