



SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself.

How did you cherish yourself this week?

Take a long bath

Engage in a hobby

Read for pleasure

Listen to your favorite music

Go for a walk or swim

Spend time with a loved one

Practice mindful meditation

Watch a light-hearted movie

Journal your thoughts

Pamper yourself

Try gentle yoga

Take a short nap

Cook a nourishing meal

Cook a nutritious meal for yourself

Visit a museum or gallery

Practice gratitude

Gardening

Attend a workshop or class

Paint or draw

Explore a new place