



SELF-CARE CHECKLIST

☐	Take a long bath	☐	Engage in a hobby
☐	Read for pleasure	☐	Listen to your favorite music
☐	Go for a long walk	☐	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	☐	Go for a swim
☐	Visit a museum or gallery	☐	Practice gratitude
☐	Gardening	☐	Attend a workshop or class
☐	Paint or draw	☐	Explore a new place