

# Self Care Check-In

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# All About Me



Hey, I'm \_\_\_\_\_

I live in \_\_\_\_\_

My Dream is \_\_\_\_\_

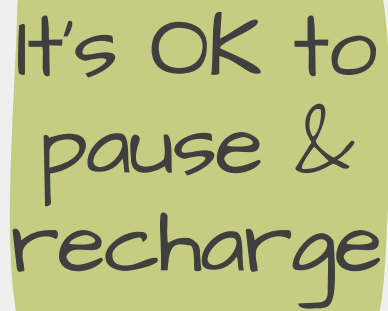
\_\_\_\_\_

I am passionate about \_\_\_\_\_

My favourite Book/TV Show

My Favorite Food


My Favorite Activities/Hobbies




It's OK to  
pause &  
recharge



I AM  
WORTHY  
and  
LOVABLE



It's OK  
to ask  
for Help



Discipline is  
purest  
form of  
Self-Love

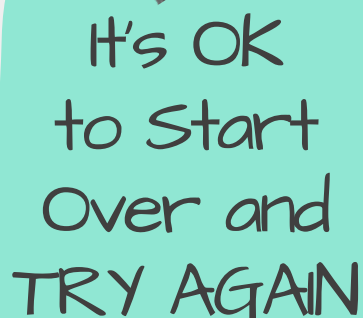
# NOTE TO SELF



My  
boundaries  
are  
Important



My  
FEELINGS  
are Valid



It's OK  
to Start  
Over and  
TRY AGAIN



I am  
ALLOWED  
to say  
NO

# SELF-CARE CHECKLIST

PHYSICAL (Engage in any 1-2 activity daily)		M	T	W	T	F	S	S
1	Daily movement or exercise							
2	Yoga and strtechings							
3	Eating Healthy & staying Hydrated							
4	Body hygiene & skincare							

MENTAL		M	T	W	T	F	S	S
1	Take breaks from social media							
2	Breathing Excercises							
3	Do one thing you enjoy							
4	Practice daily mindfulness or meditation							

EMOTIONAL		M	T	W	T	F	S	S
1	Journal your thoughts or emotions							
2	Set healthy boundaries							
3	Connect with someone you trust							
4	take a short trip/Travel							

SPIRITUAL		M	T	W	T	F	S	S
1	Meditation/Sit in Silence for 10 minutes							
2	Connect with nature							
3	Practice Gratitude for all you have							
4	Align actions with your core values							

NOTES TO SELF:
• Be Consistent
• it's okay to skip 1-2 days, start again, don't Quit
• Do not compare your 1 <sup>st</sup> day with someone's 100 <sup>th</sup> day
• One day at a time,

MY SELF-CARE GOALS
• physically active & Flexible
• Mentally calm & at Peace with myself
• Emotionally Honest with myself first, then with others
• Spiritually more aligned with my true or highest self

# SELF-CARE CHECKLIST

	PHYSICAL (Engage in any 1-2 activity daily)	M	T	W	T	F	S	S
1								
2								
3								
4								

	MENTAL	M	T	W	T	F	S	S
1								
2								
3								
4								

	EMOTIONAL	M	T	W	T	F	S	S
1								
2								
3								
4								

	SPIRITUAL	M	T	W	T	F	S	S
1								
2								
3								
4								

NOTES TO SELF

MY SELF-CARE GOALS

# My Inspiration:

