

Self Care Checklist



Put a check mark next to each statement that is true for you.

This list will allow you to identify the areas you need to work on. Check off new items as you complete them to improve your level of self care.

Level 1 -Needs Attention
(Between 1-15 checks)



Make self care your top priority!

Level 2 -Making Progress
(Between 16-31 checks)



Celebrate your progress and keep working on it!

Level 3 -Self Care Master
(Between 32-42)



You are a boss. Keep it up!



Self Care Checklist



- I pay attention to my feelings and emotional needs.
- I challenge myself often.
- I have fun often.
- I am setting and achieving goals on a regular basis.
- I see or call friends at least once a week.
- I have many healthy relationships in my life.
- I have a hobby that I practice regularly.
- I meditate on most days.
- Sometimes i act silly, let loose, play, have fun.
- I celebrate special occasions, achievements, and major life events.
- I stimulate my mind daily.
- I learn new things often.
- I set aside time to relax each day.
- I spend time with family daily.
- I keep up with doctor's, dentist's and other health related appointments.
- I stretch daily for at least 7 minutes per day.
- I balance my work and home life.
- I have purpose and meaning in my life.
- I have a plan in place when I feel stressed.
- I take care of my skin, I moisturize and exfoliate.
- I give myself "at home" facials at least once a week.



Self Care Checklist



- I have a beauty routine.
- I treat myself to a salon or spa visit at least every month.
- I use a night cream.
- I use sunscreen daily.
- I nourish my body daily, with good nutrition.
- I keep my body strong and healthy with regular exercise.
- I give myself room to be creative and express myself freely.
- I use my imagination often, let myself wonder and be curious.
- I read at least a few times a week.
- I journal daily.
- I practice gratitude daily.
- I set boundaries in my relationships.
- I guard my energy, I am not afraid to tell people no.
- I surround myself with positive people.
- I take breaks in between my work, I reset, refocus and refresh.
- I get 7-8 hours of sleep every night.
- I hydrate my body by drinking 8-10 glasses of water every day.
- I take the time to "disconnect" sometimes, I turn off the phone and tv and just talk to someone or sit with myself and relax.
- I practice mindfulness often, just being present, in the moment.
- I get out of the house and explore the world often.
- I take advantage of the opportunity to help others.