

March Self-Care Checklist

For Those Whose Caregiving Journey Has Ended

Week 1: Releasing & Reflecting

- ☐ Write a letter to yourself about what you've been through and how far you've come.
- ☐ Identify one emotional weight you've been carrying and set an intention to release it.
- ☐ Take a slow walk outside and let nature remind you that life continues.

Week 2: Restoring & Rebuilding

- ☐ Start a gentle movement practice (yoga, stretching, or a short walk.)
- ☐ Treat yourself to something just for you—a new book, flowers, or lunch at a cozy café.
- ☐ Begin a gratitude journal, focusing on small joys and new beginnings.

Week 3: Reconnecting with Joy

- ☐ Do something creative—paint, dance, cook a new meal, or journal.
- ☐ Revisit an old hobby or passion that caregiving put on pause.
- ☐ Plan a small adventure, even if it's just exploring a new coffee shop.

Week 4: Reclaiming YOU

- ☐ Set one personal goal for the next month—big or small, just for you.
- ☐ Spend a moment each morning setting a simple intention for your day.
- ☐ Celebrate yourself. Your journey, your resilience, your strength—you deserve it.