

SELF-CARE CHALLENGE

CHECKLIST

TODAY IS: _____

DAILY AFFIRMATION

“ ”

SELF-CARE ACTIONS

- Start the day with deep breaths
- Write down three things you love about yourself
- Practice gratitude (write one thing you're grateful for)
- Take 5 mindful minutes (meditation, journaling, or just sitting in silence)
- Listen to your favorite song
- Take a 10-minute break just for yourself
- No screens 1 hour before bed
- Spend 20 minutes outdoors
- Stretch or do light exercise for 5 minutes
- Do one healthy habit (choose: skincare, dry brushing, etc.)
- Send a kind message to someone you love
- Have a meaningful conversation (no small talk)
- Smile at a stranger or do a small act of kindness
- Read instead of scrolling

WATER INTAKE: (GLASS)



HOURS OF SLEEP: (HOURS)



BALANCED MEALS

Breakfast	Lunch	Dinner