

self care checklist

**TICK THE THINGS YOU'VE DONE
RECENTLY OR WANT TO DO**

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| <input type="checkbox"/> TRY SOMETHING NEW | <input type="checkbox"/> COOK YOUR FAVOURITE FOOD |
| <input type="checkbox"/> GO ON A NATURE WALK | <input type="checkbox"/> LIGHT A CANDLE |
| <input type="checkbox"/> MEDITATE | <input type="checkbox"/> WRITE DOWN THINGS YOU'RE GRATEFUL FOR |
| <input type="checkbox"/> MAKE A VISION BOARD | <input type="checkbox"/> COMPLIMENT A STRANGER |
| <input type="checkbox"/> CONNECT WITH FRIENDS | <input type="checkbox"/> DANCE TO MUSIC |
| <input type="checkbox"/> WATCH YOUR FAVOURITE TV SHOW | <input type="checkbox"/> EAT NOURISHING FOOD |
| <input type="checkbox"/> HAVE A LONG NAP | <input type="checkbox"/> GO TO A WORKOUT CLASS |
| <input type="checkbox"/> GIVE YOURSELF CREDIT | <input type="checkbox"/> TELL YOURSELF "I LOVE YOU" |
| <input type="checkbox"/> PRACTICE DEEP BREATHING | <input type="checkbox"/> TAKE A BREAK FROM SOCIAL MEDIA |
| <input type="checkbox"/> CUDDLE A PET OR HUMAN | <input type="checkbox"/> BUY SOMETHING THAT MAKES YOU FEEL GOOD |
| <input type="checkbox"/> TAKE YOUR MEDICATION | <input type="checkbox"/> READ A BOOK |
| <input type="checkbox"/> PLAN A FUN DAY OUT | <input type="checkbox"/> SAY YES TO SOMETHING FUN |
| <input type="checkbox"/> CALL A FAMILY MEMBER | <input type="checkbox"/> DECLUTTER YOUR LIVING SPACE |
| <input type="checkbox"/> DO SOMETHING FOR SOMEONE ELSE | |
| <input type="checkbox"/> WRITE IN A JOURNAL | |
| <input type="checkbox"/> LISTEN TO A PODCAST | |