

Self-Care CHECKLIST

USE THE SPACE BELOW TO TAKE INVENTORY OF
ACTIVITIES TO USE FOR SELF-CARE

ACTIVITY THAT BRINGS YOU
JOY

ACTIVITY THAT MAKES YOU
FEEL GRATITUDE

ACTIVITY THAT MAKES YOU FEEL
RELAXED

ACTIVITY THAT MAKES YOU PROUD OF
YOURSELF

AFFIRMATION TO REMIND YOURSELF THAT YOU
DESERVE SELF-CARE

SELF-CARE WEEKLY PLANNER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Affirmation for your goal
of self-care this week!