



Your Self-Care Checklist

This self-care checklist is designed to help you maintain a balanced and healthy lifestyle. Use it to track your daily habits and ensure you're nurturing all aspects of your well-being.

Your Name: Write here

Target Date: Jun 1, 2030

Physical Self-Care	Emotional Self-Care
Get 7-9 hours of sleep daily	Journal your feelings
Drink 8 glasses of water	Practice mindfulness for 5 minutes
Take a 10-minute walk	Avoid emotional over-disclosure
Prepare balanced meals	Talk to a trusted friend
Stretch every hour	Engage in enjoyable activities

Mental Self-Care	Social Self-Care
Read or learn a new skill	Spend time with loved ones
Limit social media/news time	Catch up with a friend
Solve puzzles or create	Engage in community activities
Practice deep breathing	Set social boundaries
Use positive affirmations	Plan family time

Spiritual Self-Care

Practice meditation or yoga

Reflect on life's purpose

Take leisurely outdoor walks

Pray or read spiritual texts

Focus on daily positivity