



# Self Care Checklist

Created by @GiftedAndChilling

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|--------------------------|------------------------------------|--------------------------|--|
| <input type="checkbox"/> | Drink 6-8 glasses of water per day | <input type="checkbox"/> | Create a to-do list (daily, weekly...) |
| <input type="checkbox"/> | Write yourself a love letter       | <input type="checkbox"/> | Read a book                            |
| <input type="checkbox"/> | Plan a holiday                     | <input type="checkbox"/> | Buy yourself some flowers              |
| <input type="checkbox"/> | Take a break from social media     | <input type="checkbox"/> | Journal / Write down your feelings     |
| <input type="checkbox"/> | Eat a healthy meal                 | <input type="checkbox"/> | Add money to your savings pot          |
| <input type="checkbox"/> | Call your favourite person         | <input type="checkbox"/> | Take a nap                             |
| <input type="checkbox"/> | Find a new hobby                   | <input type="checkbox"/> | De-clutter a space in your home        |
| <input type="checkbox"/> | Listen to a podcast                | <input type="checkbox"/> | Meet up with your friends              |
| <input type="checkbox"/> | Compliment a stranger              | <input type="checkbox"/> | Try something new                      |
| <input type="checkbox"/> | Donate money/clothing to charity   | <input type="checkbox"/> | Go for a mindful stroll                |
| <input type="checkbox"/> | Stretch or do yoga                 | <input type="checkbox"/> | Light a scented candle                 |
| <input type="checkbox"/> | Have a relaxing bath or shower     | <input type="checkbox"/> | Drink a smoothie                       |
| <input type="checkbox"/> | Do a skincare routine              | <input type="checkbox"/> | List 10 things you are grateful for    |
| <input type="checkbox"/> | Complete a workout                 | <input type="checkbox"/> | Open a window / get some fresh air     |
| <input type="checkbox"/> | Write 5 positive affirmations      | <input type="checkbox"/> | Take a step towards a goal             |
| <input type="checkbox"/> | Set boundaries with toxic people   | <input type="checkbox"/> | Ask help when you need it              |
| <input type="checkbox"/> | Celebrate an accomplishment        | <input type="checkbox"/> | Take medicine / vitamins               |
| <input type="checkbox"/> | Have a picnic                      | <input type="checkbox"/> | Dress up in your favourite outfit      |
| <input type="checkbox"/> | Visit a family member              | <input type="checkbox"/> | Organise a pamper session              |