SELF-CARE CHECKLIST

Date ___ / ___ /___

- ○ Go for a walk
- ○ Take your vitamins
- ○ Skincare routine
- ○ Listen to music / podcast
- ○ Social media break
- ○ Creaning your space
- ○ Sport / Meditation
- ○ Watch a movie
- ○ Cuddle somebody
- ○ Read a book
- ○ Take a shower / bath
- ○ Try a new restaurant or coffee

Hours of Sleep



1h 2h 3h 4h 5h 6h 7h 8h

Water balance



1 2 3 4 5 6 7 8

Positive things of the day

Positive plans for tomorrow