

CHECKLIST

DATE: _____

M T W T F S S

MENTAL WELL-BEING

	Meditate for 5-10 minutes
	Read a chapter from a book
	Journal your thoughts and feelings
	Learn something new (online course, tutorial, etc.)
	Limit screen time to 1-2 hours a day

EMOTIONAL WELL-BEING

	Practice gratitude by listing 3 things you're thankful for
	Connect with a friend or loved one (call, text, or in-person)
	Engage in a hobby you love (painting, gardening, crafting, etc.)
	Write a letter to your future self
	Listen to uplifting music or a podcast

PHYSICAL WELL-BEING

	Exercise for at least 30 minutes (walk, yoga, workout)
	Eat a balanced meal rich in fruits and vegetables
	Drink enough water (aim for 8 cups a day)
	Get at least 7-8 hours of sleep
	Take a break to stretch or move every hour during work

WEEKLY REFLECTION

DATE: _____

M T W T F S S

At the end of the week, reflect on your self-care activities:

1. What activities did you enjoy the most?
2. Which activities made you feel good mentally, emotionally, and physically?
3. What can you improve or adjust for next week?

Write down your thoughts:

Self-Care Activity Ideas

Mental Self-Care

1. Mindfulness Exercises: Practice deep breathing or body scans to ground yourself in the present.
2. Puzzles: Engage in crossword puzzles, sudoku, or jigsaw puzzles to stimulate your mind.
3. Creative Writing: Write a poem, short story, or letter expressing your feelings.
4. Vision Board: Create a vision board that reflects your dreams and goals.

Self-Care Activity Ideas

Emotional Self-Care

1. Nature Walk: Spend time outdoors in nature to refresh your mind and soul.
2. Affirmations: Write and recite positive affirmations to boost self-esteem.
3. Digital Detox: Take a break from social media and technology for a day.
4. Compliment Yourself: Write down three things you love about yourself.

Self-Care Activity Ideas

Physical Self-Care

1. Dance Party: Turn on your favorite music and dance like nobody's watching.
2. Spa Day at Home: Treat yourself to a DIY spa day with a bubble bath, face mask, and relaxation.
3. Cooking Class: Try out a new recipe or cooking technique to nourish your body.
4. Stretching Routine: Create a gentle stretching routine to relieve tension.

Self-Care Activity Ideas

Social Self-Care

1. **Game Night:** Organize a game night with friends or family, either virtually or in person.
2. **Support a Friend:** Reach out to someone and offer your support, fostering connection.
3. **Attend a Workshop:** Participate in local or online workshops that interest you.
4. **Volunteer:** Dedicate time to a cause you care about to give back to the community.

Self-Care Activity Ideas

Spiritual Self-Care

1. Gratitude Jar: Write down things you're grateful for and place them in a jar to reflect on later.
2. Nature Meditation: Meditate outside, focusing on the sights and sounds of nature.
3. Yoga: Try a yoga class to connect your body and mind.
4. Create a Ritual: Establish a daily or weekly ritual that brings you peace (e.g., morning coffee mindfulness).

Self-Care Activity Ideas

Creative Self-Care

1. Art Therapy: Spend time drawing, painting, or coloring to express your emotions creatively.
2. Photography Walk: Take a walk with your camera or phone and capture the beauty in your surroundings.
3. DIY Project: Start a small DIY project to create something meaningful for your space.
4. Crafting: Try your hand at knitting, crocheting, or any other craft that interests you.

Motivational Quotes

- Self-care is not a luxury; it is a necessity.” – Audre Lorde
- “You can’t pour from an empty cup. Take care of yourself first.” – Anonymous
- “Nurturing yourself is not selfish—it’s essential to your survival and your well-being.” – Renée Peterson Trudeau
- “Taking care of yourself doesn’t mean me first, it means me too.” – L.R. Knost
- “Almost everything will work again if you unplug it for a few minutes, including you.” – Anne Lamott

Affirmations for Self-Care

- “I deserve to prioritize my well-being.”
- “Each day, I choose to nurture my mind, body, and spirit.”
- “I am worthy of love, care, and kindness from myself.”
- “I am enough just as I am.”
- “Taking time for myself is a vital part of my journey.”

Affirmations for Mental Health

- “I release what no longer serves me and embrace my healing journey.”
- “I am in control of my thoughts and choose positivity.”
- “My mental health is just as important as my physical health.”
- “I allow myself to feel, heal, and grow.”
- “I am learning to trust my instincts and make choices that benefit me.”

Affirmations for Emotional Well-Being

- I honor my feelings and express them in healthy ways.”
- “I cultivate joy and find peace in every moment.”
- “I am surrounded by love and support.”
- “My emotions are valid, and I embrace them fully.”
- “I give myself permission to rest and recharge.”

Affirmations for Physical Health

- “I am grateful for my body and all it does for me.”
- “I choose nourishing foods that energize me.”
- “I honor my body with movement that feels good.”
- “Rest and recovery are essential parts of my wellness journey.”
- “I am strong, resilient, and capable of achieving my health goals.”

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31-DAY SELF-CARE

Self-Care Calendar

DAY	PROMPT/THEME
01	Mindful Monday: Spend 5 minutes meditating.
02	Take a Walk Tuesday: Enjoy a nature walk.
03	Wellness Wednesday: Try a new healthy recipe.
04	Thankful Thursday: Write down three things you are grateful for.
05	Feel-Good Friday: Watch a movie or read a book that makes you happy.
06	Social Saturday: Reach out to a friend or family member you haven't spoken to in a while.
07	Self-Care Sunday: Dedicate time for a relaxing bath or spa day at home.
08	Mindfulness Monday: Practice a breathing exercise for 5 minutes.
09	Tasty Tuesday: Treat yourself to a favorite healthy snack.
10	Wellness Wednesday: Engage in 30 minutes of physical activity.
11	Thoughtful Thursday: Write a letter to your future self.
12	Fun Friday: Try a new hobby or craft activity.
13	Self-Care Saturday: Dedicate time to a personal project you love.
14	Self-Reflection Sunday: Journal about your week and what you learned.
15	Mindful Monday: Set intentions for the week ahead.
16	Transformation Tuesday: Take 15 minutes to declutter a space.
17	Wellness Wednesday: Listen to a motivational podcast.
18	Thankful Thursday: Share your gratitude with someone.
19	Feel-Good Friday: Dance to your favorite music.
20	Social Saturday: Join an online or local community event.

Self-Care Calendar

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