

Real Self-Care Checklist

A simple life check-in. Some ideas to get you started, choose one or more :)

Physical Health

	Book an overdue health appointment
	Drink one more glass of water than usual
	Move your body for half an hour today. Walking at a good pace counts - break it into 10-minute intervals if you are short of time.

Mental Health

	Journal your thoughts at the end of the day
	Eat breakfast without social scrolling
	Ground yourself - spend some time in nature. Take your shoes and socks off and feel it!

Financial Health

	Review subscriptions/ unsubscribe
	Take your lunch to work today
	Make one money plan

Relationships

	Call a friend or family member - choose someone who lifts you up!
	Set one boundary
	Reduce draining interactions

Work and stress

	Take a lunch break. Leave your desk and move :)
	Finish on time once this week
	Notice stress triggers. Next time they arise, give yourself a break before carrying on, or breathe deeply and stretch.

Sleep and home

	Earlier bed time
	Gift yourself a calm evening routine
	Reset one small space e.g clear kitchen benches, clear out a drawer, throw out old make-up...

For more simple routines and calm living ideas,
follow along on Pinterest

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