

self care checklist

TICK THE THINGS YOU'VE DONE RECENTLY OR WANT TO DO

- TRY SOMETHING NEW
- GO ON A NATURE WALK
- MEDITATE
- MAKE A VISION BOARD
- CONNECT WITH FRIENDS
- WATCH YOUR FAVOURITE TV SHOW
- HAVE A LONG NAP
- GIVE YOURSELF CREDIT
- PRACTICE DEEP BREATHING
- CUDDLE A PET OR HUMAN
- TAKE YOUR MEDICATION
- PLAN A FUN DAY OUT
- CALL A FAMILY MEMBER
- DO SOMETHING FOR SOMEONE ELSE
- WRITE IN A JOURNAL
- LISTEN TO A PODCAST
- COOK YOUR FAVOURITE FOOD
- LIGHT A CANDLE
- WRITE DOWN THINGS YOU'RE GRATEFUL FOR
- COMPLIMENT A STRANGER
- DANCE TO MUSIC
- EAT NOURISHING FOOD
- GO TO A WORKOUT CLASS
- TELL YOURSELF "I LOVE YOU"
- TAKE A BREAK FROM SOCIAL MEDIA
- BUY SOMETHING THAT MAKES YOU FEEL GOOD
- READ A BOOK
- SAY YES TO SOMETHING FUN
- DECLUTTER YOUR LIVING SPACE

Don't forget to add your OWN ideas to this list! 😊