

Daily Self-Care Checklist

Self-care is important for maintaining your physical, emotional, and mental health. Use this worksheet to create a daily self-care checklist that includes a variety of self-care practices. You can customize this checklist to meet your unique needs and preferences.

My Self-Care Activities:	M	T	W	T	F	S	S
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Self-Care Tips:

- Start with just a few self-care practices and add more as you become more comfortable with the process.
- Review your checklist at the end of each day or week and reflect on your progress, and adapt your self-care routine as needed based on your needs.
- Be specific and measurable when setting goals for each self-care practice, such as exercising for 30 minutes or meditating for 10 minutes.
- Use positive reinforcement, such as rewarding yourself when you complete your checklist each day or week.