

Self-Care Checklist

Daily self-care

- Drink at least 8 glasses of water
- Eat balanced meals
- Get at least 30 minutes of physical activity
- Get 7-9 hours of sleep
- Practice good hygiene
- Meditate or practice deep breathing
- Spend time on a hobby
- Spend time outdoors
- Limit screen time
- Write in a journal
- Practice gratitude
- Reach out to someone
- Allow yourself to feel emotions
- Engage in a creative activity
- Take regular breaks at work/school
- Set realistic goals
- Organise your workspace
- Avoid multitasking

Weekly self-care

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| <input type="checkbox"/> Plan and prepare healthy meals | <input type="checkbox"/> Reflect on your achievements |
| <input type="checkbox"/> Schedule favourite physical activities | <input type="checkbox"/> Practice self-compassion |
| <input type="checkbox"/> Treat yourself to a relaxing bath | <input type="checkbox"/> Do something kind for someone |
| <input type="checkbox"/> Read a book or listen to a podcast | <input type="checkbox"/> Plan a social activity |
| <input type="checkbox"/> Spend time in nature | <input type="checkbox"/> Volunteer or join community events |
| <input type="checkbox"/> Try a new hobby | <input type="checkbox"/> Join a club or group |

Monthly self-care

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| <input type="checkbox"/> Schedule health appointments | <input type="checkbox"/> Reflect on emotional well-being |
| <input type="checkbox"/> Evaluate and adjust your exercise routine | <input type="checkbox"/> Identify and reduce stressors |
| <input type="checkbox"/> Set personal and professional goals | <input type="checkbox"/> Set time for self-improvement |
| <input type="checkbox"/> Declutter and organise your space | <input type="checkbox"/> Review progress towards long-term goals |
| <input type="checkbox"/> Take a self-care day | <input type="checkbox"/> |