



# SELF-CARE CHECKLIST



- ☐ Morning Mind Check
- ☐ Hydrate First Thing
- ☐ Move Your Body Gently
- ☐ Nourish Without Guilt
- ☐ Say “No” Without Explaining
- ☐ Digital Pause
- ☐ Go Outside (Even Briefly)
- ☐ Affirm Out Loud
- ☐ Evening Wind-Down Ritual
- ☐ Gratitude Reflection