

Self-Care Checklist



Choose 1 or 2
to do this week.

This

Have a spa day

That

Take a
bubble bath

This

Read your
favorite book

That

Watch your
favorite movie

This

Go out to
dinner

That

Make a home
cooked meal

This

Light a candle

That

Burn
essential oils

This

Meditate

That

Journal

This

Unplug from
phone

That

Talk to a friend or
family member