



Daily Self-Care



Checklist



Date: _____

Mood: _____

Some to Consider:

😊 Calm

😍 Grateful

😌 Content

😴 Tired

😞 Stressed

😓 Overwhelmed



Self-Care Actions:

Hydration

Movement

(even stretching counts!)

Nourishing Food

Fresh Air / Sunlight

5-Minute Mindfulness

(breathing, journaling, etc.)

A Personal Win for the Day



Notes / Reflections:
