

Self-Care Checklist

Tip: Use a pencil and reuse this page!

Name:

Self-Care Ideas:

Positive Affirmations:

ex. I am loved.

.....

.....

.....

.....

.....

.....

1. *ex. unplug for an hour*

2.

3.

4.

5.

6.

7.

Things I Love About
Myself:

ex. my smile

Things That Make Me
Happy:

ex. the birds singing in the morning