self-care checklist

Taking care of yourself is super important, whether or not you feel like it is at the time. It can affect your mood, your self-esteem, and your outlook on life.

If taking care of yourself is hard today, do what you can and forgive yourself for what you can't. Even doing one or two things is a great accomplishment.

	s	m	t	w	t	f	s
Made bed	○	○	○	○	○	○	○
Brushed teeth	○	○	○	○	○	○	○
Showered/bathed	○	○	○	○	○	○	○
Stretched	○	○	○	○	○	○	○
Ate breakfast	○	○	○	○	○	○	○
Exercised (even for 5 min)	○	○	○	○	○	○	○
Had something healthy to eat	○	○	○	○	○	○	○
Cleaned up/did dishes	○	○	○	○	○	○	○
Did something you enjoyed	○	○	○	○	○	○	○
Went to sleep on time	○	○	○	○	○	○	○
Other:_____	○	○	○	○	○	○	○