



Daily Self-Care Checklist

A simple, grounding guide to help you take care of your mind, body, emotions, and spirit every day.



MORNING SELF-CARE

☒ Wake Up Slowly

Take a moment before grabbing your phone.

☒ Drink a Glass of Water

Hydrate your body after sleep.

☒ Stretch or Move for 2–5 Minutes

Roll your shoulders, loosen your neck, stretch your back.

☒ Set an Intention for the Day

Example: *“Today I choose calm”* or *“Today I choose patience.”*

☒ Eat Something Nourishing

Even if it's light — fruit, tea, oats, anything gentle.



EMOTIONAL SELF-CARE

☒ Check In With Yourself

Ask: *“How am I feeling right now?”*

☒ Name Your Emotions

Sad? Tired? Restless? Hopeful? Confused?
Naming feelings reduces stress.

☒ **Do One Thing That Brings Comfort**

- Music
- Prayer
- Journaling
- A warm shower
- Sitting in silence

☒ **Set One Healthy Boundary Today**

Say *no* where you need to.
Protect your peace.

MENTAL SELF-CARE

☒ **Limit Overthinking Moments**

Pause, breathe, replace spirals with grounding thoughts.

☒ **Learn or Read Something Small**

Even a paragraph counts.

☒ **Take Breaks During the Day**

Your brain needs rest, not punishment.

☒ **Reduce One Stress Trigger**

Unfollow, mute, postpone, simplify, delegate — anything helps.

PHYSICAL SELF-CARE

☒ **Move Your Body**

Walk, stretch, clean lightly — just keep your body awake.

☒ **Eat at Least One Balanced Meal**

Something with color, nutrients, or freshness.

☒ **Rest When You Need To**

If your body says “stop,” listen.

☒ **Get Fresh Air**

Open a window or step outside briefly.

 SOCIAL CONNECTION SELF-CARE

☒ **Reach Out to Someone**

Call, text, or just send a simple check-in.

☒ **Spend Time Around Positive People**

Even short interactions help.

☒ **Reduce Draining Social Contacts**

Protect your mental space.

 SPIRITUAL / INNER PEACE SELF-CARE

☒ **Practice Gratitude**

Write or think of **1–3 things** you're grateful for.

☒ **Meditate, Pray, or Reflect**

Choose what fits your beliefs.

☒ **Engage in Something Meaningful**

Acts of kindness, mindfulness, service, or quiet reflection.

EVENING SELF-CARE

☒ **Review Your Day Without Judgment**

What went well? What felt heavy?

☒ **Do a Night Routine**

Bath, skincare, tea, reading — anything calming.

☒ **Prepare for Tomorrow**

Lay out clothes, write tasks, declutter a little.

☒ **Disconnect From Screens Before Bed**

Give your mind time to slow down.

☒ **Sleep Intentionally**

Try to get the rest your body needs today.

OPTIONAL: SELF-CARE WINS OF THE DAY

Today I am proud that I...

One thing I did well today:

One thing I want to improve tomorrow:
