

Mind Your Moments™

Mini Self-Care Checklist

Small acts of care still count



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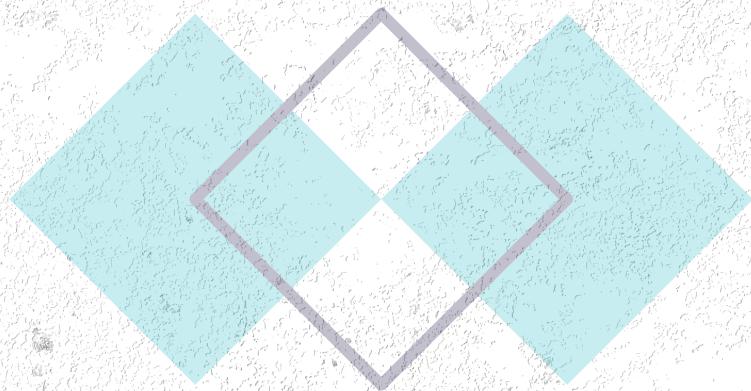
How to Use ✨

This checklist isn't a to-do list you need to complete.

It's a menu of gentle options you can return to whenever you need grounding.

- ✓ Check what feels supportive
- ✗ Skip what doesn't
- ⌚ Return anytime

Even one small act is enough.



Today's Self-Care Check-In

Date: _____

Mind

- Took 3 slow breaths
- Noticed how I'm really feeling
- Gave myself permission to go gently
- Took 3 slow breaths
- Spoke kindly to myself

Body

- Drank water
- Ate something nourishing
- Stretched or moved gently
- Rested without guilt
- Checked in with physical tension

Today's Self-Care Check-In

Date: _____

Environment

- Paused notifications
- Noticed how I'm really feeling
- Created a calm space
- Reduced noise or stimulation

Emotional Care

- Set one small boundary
- Asked for help or support
- Let myself feel without fixing
- Write something down

One small thing I did for myself today:

Closing

A Gentle Reminder

You don't need to do everything to take care of yourself.

One small choice is enough.

Stay Connected ✨

Explore more gentle tools for your journey:

- Mindfulness journals
- Affirmation cards
- Calm starter kits