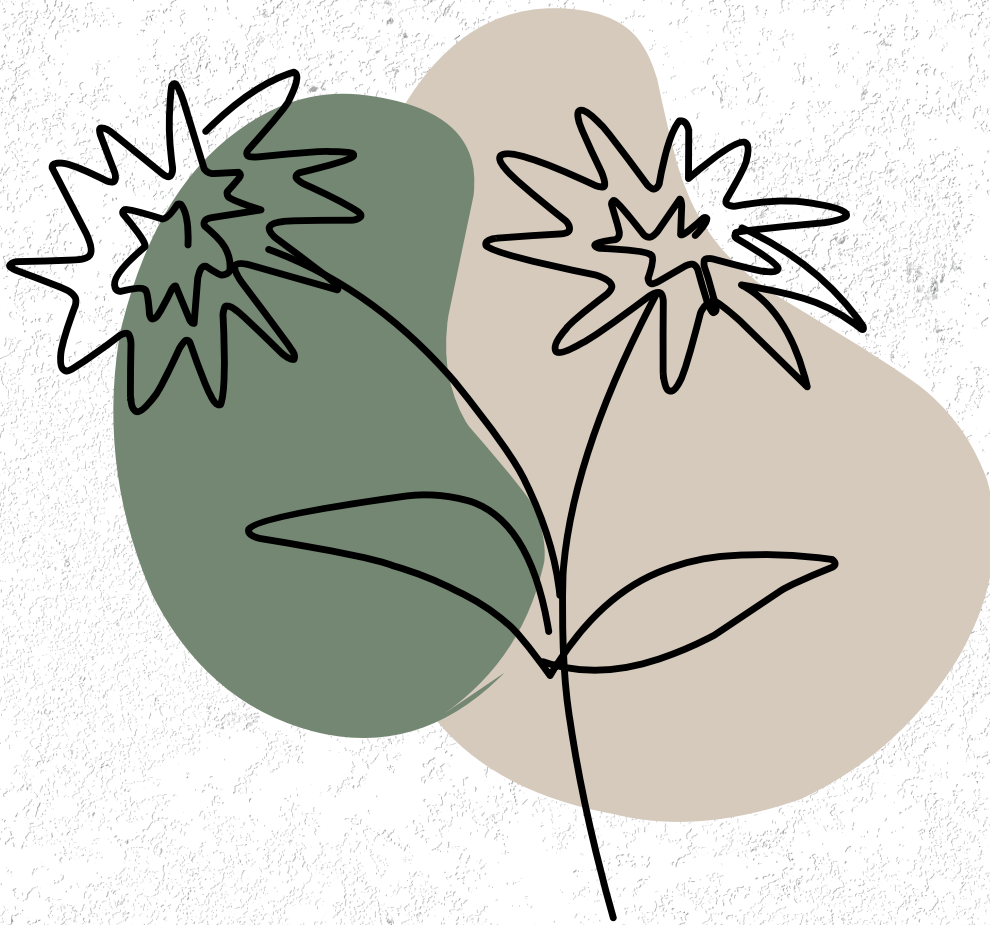


Mind Your Moments™

Mini Self-Care Checklist

Small acts of care still count



MIND YOUR CO.

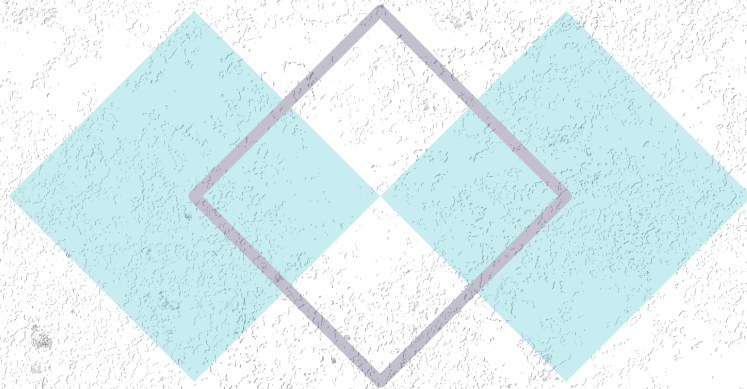
How to Use ✨

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

mindyourco.com

© Mind Your Co.