

Your Fabulous Self-Care Checklist

Empower yourself with small, intentional actions every day!

The Importance of Self-Care

Self-care isn't a luxury—it's a necessity. When we prioritize our well-being, we're able to show up as our best selves in every area of life. It's not just about bubble baths and spa days (though those are great!); it's about making intentional choices that nurture your mind, body, and spirit.

Think of self-care as fuel for your dreams. When you take time to rest, reflect, and recharge, you build the energy and resilience needed to achieve your goals. Remember: You can't pour from an empty cup, so fill yours first. You deserve it!

Enjoy this self-care checklist to take care of YOU—because the world needs the best version of you.

With love and gratitude,

Deitra



Dr. Deitra C. Payne

Fabulous Coaching, Training, and Productions, LLC

Website: www.fabulousctp.com

Email: info@fabulousctp.com

Facebook: [Facebook](https://www.facebook.com/DeitraCPayne)

LinkedIn: [Dr. Deitra C. Payne](https://www.linkedin.com/in/Dr-Deitra-C-Payne) | [LinkedIn](https://www.linkedin.com/company/fabulousctp)

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Morning Routine – Start Your Day with Positivity

- ☐ Take 5 minutes for deep breathing or meditation.
 - ☐ Set an intention for the day (e.g., "I will be kind to myself today").
 - ☐ Drink a glass of water before your morning coffee or tea.
 - ☐ Write down 3 things you're grateful for in your gratitude journal.
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Mind & Emotional Well-being

- ☐ Take a 10-minute break to relax or stretch during work.
 - ☐ Journal your thoughts and feelings to release stress.
 - ☐ Listen to a motivational podcast or uplifting music.
 - ☐ Practice saying “no” to tasks that drain your energy.
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Physical Self-Care

- ☐ Move your body for at least 20-30 minutes (walk, stretch, dance, etc.).
 - ☐ Eat a nourishing meal and savor every bite mindfully.
 - ☐ Get outside and enjoy fresh air, even if it's just for 5 minutes.
 - ☐ Prioritize getting 7-8 hours of sleep.
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Social & Connection Care

- ☐ Call or message a friend or loved one to check in.
- ☐ Schedule time for social connection or collaboration.
- ☐ Join a community event or virtual gathering.
- ☐ Share something positive or inspiring with your network.

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Evening Routine – End Your Day with Peace

- ☐ Disconnect from screens at least 30 minutes before bed.
 - ☐ Reflect on 3 wins of the day, big or small.
 - ☐ Read a book or do something calming before sleep.
 - ☐ Practice self-compassion by affirming, "I did my best today."
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Bonus Self-Care Tips

- Remember: Self-care isn't selfish—it's essential!
- You deserve to take care of yourself as much as you take care of others.
- Start small. Even 5 minutes of self-care can make a big difference.