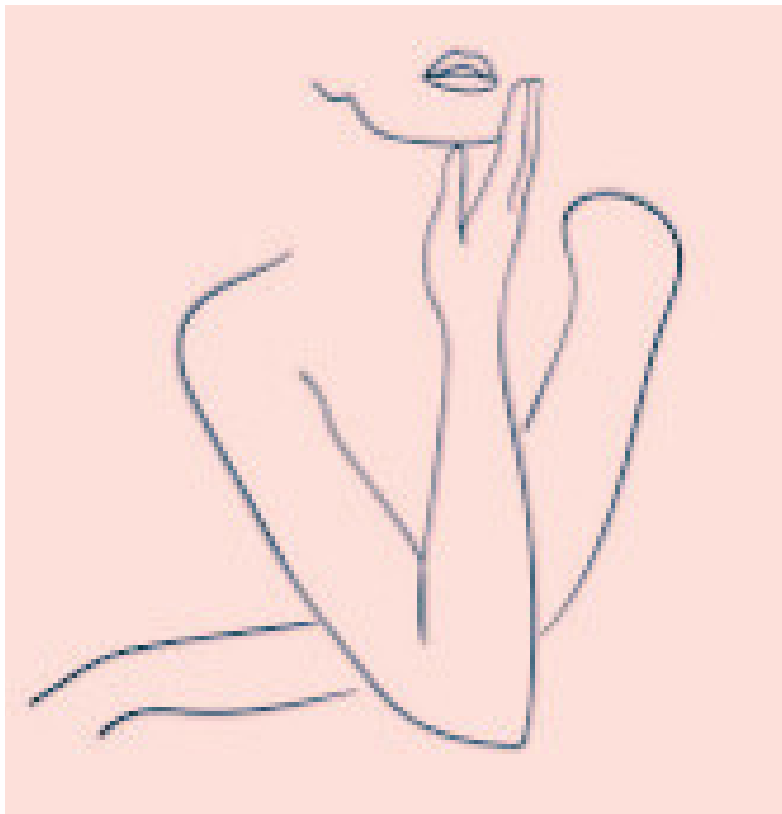


WEEKLY SELF-CARE



CHECKLIST

NATASHA FELIX

Welcome to your Weekly Self-Care Checklist

WHETHER YOU ARE WELL-VERSED IN SELF-CARE PRACTICES OR JUST BEGINNING TO EXPLORE THIS JOURNEY, THIS CHECKLIST IS DESIGNED TO EMPOWER YOU IN MONITORING YOUR DAILY SELF-CARE ROUTINE ACROSS A RANGE OF CATEGORIES, FOSTERING YOUR OVERALL WELL-BEING THROUGHOUT THE WEEK.

TIPS FOR MAXIMIZING YOUR CHECKLIST:

- AIM TO SELECT AT LEAST ONE ACTIVITY FROM EVERY SELF-CARE CATEGORY ON A DAILY BASIS.
- PERSONALIZE YOUR CHOICES BASED ON YOUR INDIVIDUAL NEEDS AND PREFERENCES.
- REMEMBER TO ACKNOWLEDGE AND CELEBRATE SMALL WINS—EACH CHECKMARK SIGNIFIES A STEP TOWARDS PRIORITIZING SELF-CARE IN YOUR LIFE.

ADDITIONALLY, A GRATITUDE CHECKLIST IS INCLUDED AS A DAILY PROMPT TO HELP YOU FOCUS ON THE POSITIVE ASPECTS OF YOUR LIFE.

TO FACILITATE YOUR WEEKLY REVIEW AND GRATITUDE PRACTICE, YOU CAN EITHER PRINT OUT DAILY SECTIONS FOR THE WEEK OR USE A NOTEPAD TO RECORD YOUR REFLECTIONS. TAKE TIME TO CONTEMPLATE YOUR SELF-CARE PROGRESS AND EXPRESS GRATITUDE EACH DAY.

EMBRACE THIS CHECKLIST AS A SUPPORTIVE TOOL IN YOUR SELF-CARE JOURNEY, ENABLING YOU TO ELEVATE THE IMPORTANCE OF YOUR WELL-BEING AND INTEGRATE SELF-CARE INTO YOUR DAILY ROUTINE. LET'S EMBARK ON THIS ADVENTURE TOGETHER, CHECKING OFF ACTIVITIES AND ENRICHING YOUR HOLISTIC WELLNESS ALONG THE WAY!

	PHYSICAL SELF - CARE "Prioritize your well being" Tick off activities you did for yourself each day of the week	M	T	W	T	F	S	S
1	Exercised or stayed physically active.							
2	Got enough sleep each night.							
3	I ate healthy meals like fruits, veggies, and whole grains.							
4	Took care of my skin and personal hygiene.							
5	Visited the doctor for regular check-ups or seek medical help when needed							

	MENTAL SELF - CARE "Refresh your mind and nourish your soul" Tick off activities you did for yourself each day of the week	M	T	W	T	F	S	S
1	Unplugged or took breaks from technology and read a book.							
2	Said no when I didn't want to or couldn't do something.							
3	I Challenged myself to learn and try new things.							
4	Muted online content that made me uncomfortable.							
5	Engaged in activities that relax me or bring joy.							

	EMOTIONAL SELF - CARE "Cultivate inner balance and self-kindness" Tick off activities you did for yourself each day of the week.	M	T	W	T	F	S	S
1	Said positive affirmations to me.							
2	Forgave me when I made a mistake.							
3	Showed and treated myself with kindness.							
4	I showed and treated myself with kindness							
5	Took time to relax and did things I love.							

	SPIRITUAL SELF - CARE "Connect with your inner self and find tranquility" Tick off activities you did for yourself each day of the week.	M	T	T	W	F	S	S
1	I Did my prayers or meditation							
2	Practiced gratitude.							
3	Spent quiet time alone for reflection.							
4	Engaged in activities that bring me inner calm.							
5	Spent time in nature or took a walk outside.							

	SOCIAL SELF - CARE "Foster connections and spread positivity" Tick off activities you did for yourself each day of the week.	M	T	W	T	F	S	S
1	Stayed connected with friends and loved ones through calls and texts.							
2	Planned social activities or outings that positively affect me.							
3	Put energy and time into my relationships.							
4	Met new people, joined new activities, and formed connections.							
5	Set boundaries to maintain healthy relationships.							

WEEKLY REVIEW

HOW DID I COPE WITH STRESS THIS WEEK?

**LESSONS I LEARNED FROM THINGS THAT
HAPPENED TO ME THIS WEEK**

**THINGS I DID THIS WEEK THAT UPLIGHTED
MY MOOD**

GRATITUDE CHECKLIST

DATE _____

S	M	T	W	T	F	S
---	---	---	---	---	---	---

SCHEDULE

TODAY I'M GRATEFUL FOR

1

2

3

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

DAILY AFFIRMATION

<hr/> <hr/> <hr/> <hr/>

THINGS I'M PROUD OF

○

○

○

NOTE TO SELF

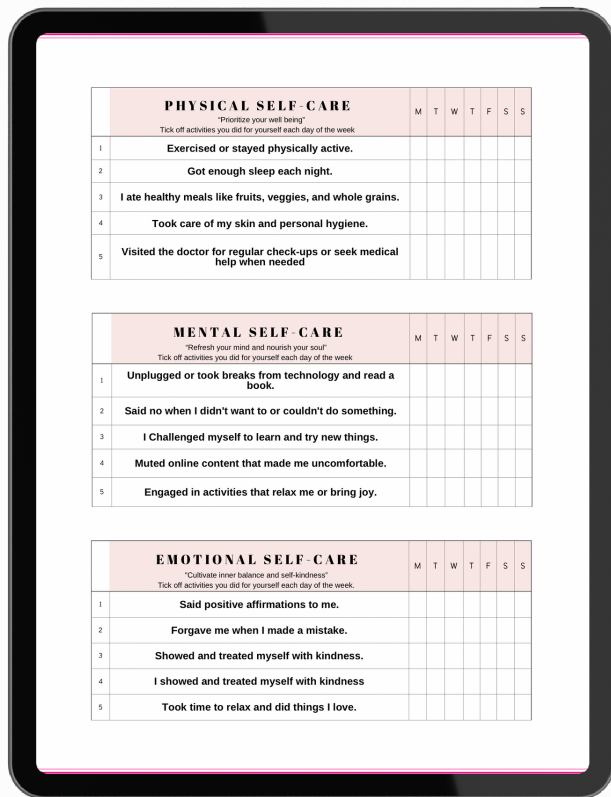
--

How to use the sheets

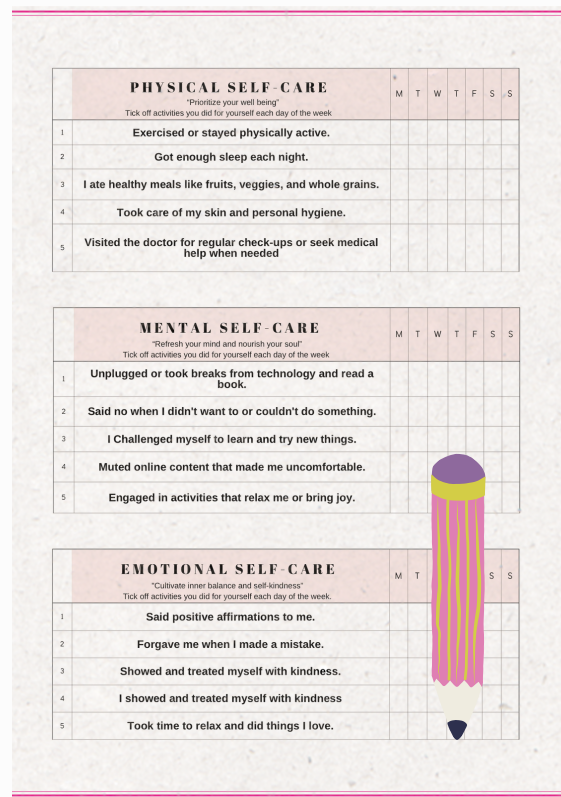
Fill it out digitally

OR

Print it out and fill it out by hand



The image shows a digital tablet displaying three self-care sheets. The first sheet is titled 'PHYSICAL SELF-CARE' with the subtitle 'Prioritize your well being' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Exercised or stayed physically active, 2. Got enough sleep each night, 3. I ate healthy meals like fruits, veggies, and whole grains, 4. Took care of my skin and personal hygiene, 5. Visited the doctor for regular check-ups or seek medical help when needed. The second sheet is titled 'MENTAL SELF-CARE' with the subtitle 'Refresh your mind and nourish your soul' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Unplugged or took breaks from technology and read a book, 2. Said no when I didn't want to or couldn't do something, 3. I Challenged myself to learn and try new things, 4. Muted online content that made me uncomfortable, 5. Engaged in activities that relax me or bring joy. The third sheet is titled 'EMOTIONAL SELF-CARE' with the subtitle 'Cultivate inner balance and self-kindness' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Said positive affirmations to me, 2. Forgave me when I made a mistake, 3. Showed and treated myself with kindness, 4. I showed and treated myself with kindness, 5. Took time to relax and did things I love.



The image shows a printed version of the self-care sheets. The first sheet is titled 'PHYSICAL SELF-CARE' with the subtitle 'Prioritize your well being' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Exercised or stayed physically active, 2. Got enough sleep each night, 3. I ate healthy meals like fruits, veggies, and whole grains, 4. Took care of my skin and personal hygiene, 5. Visited the doctor for regular check-ups or seek medical help when needed. The second sheet is titled 'MENTAL SELF-CARE' with the subtitle 'Refresh your mind and nourish your soul' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Unplugged or took breaks from technology and read a book, 2. Said no when I didn't want to or couldn't do something, 3. I Challenged myself to learn and try new things, 4. Muted online content that made me uncomfortable, 5. Engaged in activities that relax me or bring joy. The third sheet is titled 'EMOTIONAL SELF-CARE' with the subtitle 'Cultivate inner balance and self-kindness' and the instruction 'Tick off activities you did for yourself each day of the week'. It has a table with 5 rows and 7 columns (M, T, W, T, F, S, S). The activities are: 1. Said positive affirmations to me, 2. Forgave me when I made a mistake, 3. Showed and treated myself with kindness, 4. I showed and treated myself with kindness, 5. Took time to relax and did things I love. A large, stylized pencil is drawn vertically across the right side of the sheets.