

Self-Care Checklist

- ☐ SOCIAL DISTANCE
- ☐ READ A BOOK
- ☐ PAINT YOUR NAILS
- ☐ READ A POEM
- ☐ READ A POSITIVE QUOTE
- ☐ TRY A NEW RECIPE
- ☐ TAKE A BATH
- ☐ LISTEN TO YOUR FAVORITE MUSIC
- ☐ LIGHT A CANDLE
- ☐ WATCH YOUR FAVORITE SHOW
- ☐ READ A MAGAZINE
- ☐ TAKE A NAP
- ☐ LISTEN TO A POCAST
- ☐ WATCH SOME YOUTUBE
- ☐ JOURNAL YOUR FEELINGS
- ☐ WATCH YOUR FAVORITE MOVIE
- ☐ TALK TO AN OLD FRIEND
- ☐ BAKE YOUR FAVORITE DESSERT
- ☐ MEDITATE
- ☐ GO FOR A DRIVE
- ☐ GARDEN
- ☐ GO FOR A HIKE
- ☐ PLAY WITH YOUR PETS
- ☐ DRAW A PICTURE
- ☐ LISTEN TO AN AUDIOBOOK
- ☐ MAKE A SMOOTHIE OR DRINK TEA
- ☐ RE-DECORATE
- ☐ ORGANIZE YOUR ROOM
- ☐ TAKE A LONG SHOWER
- ☐ HAVE A DANCE PARTY
- ☐ CREATE A VISION BOARD
- ☐ SCRAPBOOK
- ☐ SEW SOMETHING
- ☐ CROCHET
- ☐ PAINT
- ☐ WATCH A ROMANTIC MOVIE
- ☐ GO ON PINTEREST
- ☐ GO ON A WALK
- ☐ CALL YOUR PARENTS
- ☐ PLAY A GAME
- ☐ ORGANIZE YOUR CLOSET
- ☐ DIY PROJECT
- ☐ SHOP ONLINE
- ☐ MAKE A FRIENDSHIP BRACELET
- ☐ PLAY VIDEO GAMES
- ☐ DO WHAT YOU LOVE!