

Self-Care

Checklist

Today's Date: _____

How did you take care of your...

Mind

- _____
- _____
- _____
- _____
- _____

Body

- _____
- _____
- _____
- _____
- _____

Heart

- _____
- _____
- _____
- _____
- _____

Spirit

- _____
- _____
- _____
- _____
- _____