

Self-Care Check-In

MY SELF-CARE PRACTICES THIS WEEK:

- ☐ Eat three balanced meals/day.
- ☐ Honor my hunger and cravings.
- ☐ Spend time outdoors / in nature.
- ☐ Journal my thoughts.
- ☐ Connect with a friend.
- ☐ Do some feel-good movement.
- ☐ Set or reinforce a boundary.
- ☐ Take one action that further aligns me with my values.
- ☐ Take a break from social / screens.
- ☐ Take time to create (for fun).
- ☐ Connect with my pet(s).
- ☐ Ask for support.
- ☐
- ☐

add your own