

Coming HOME Self-Care Checklist



You Know What to Do. So
Why Aren't You Doing It?

THE MORE YOU PRACTICE SELF-CARE, THE MORE YOU WILL TRULY LOVE YOURSELF!

TODAY'S INTENTIONS:

HOW DO YOU WANT TO FEEL? / WHAT DO YOU WANT
TO ACHIEVE TO FEEL FULFILLED? / WHAT'S YOUR
PURPOSE?

1. _____
2. _____
3. _____

WHAT I WANT TO DO TODAY THAT MAKES ME FEEL **GOOD!?**

- | | | |
|----|-------|-----------------------------------|
| 1. | _____ | DONE!
<input type="checkbox"/> |
| 2. | _____ | <input type="checkbox"/> |
| 3. | _____ | <input type="checkbox"/> |
| 4. | _____ | <input type="checkbox"/> |
| 5. | _____ | <input type="checkbox"/> |

REMEMBER THAT LIFE IS A JOURNEY
THEREFORE, UPS & DOWNS WILL
CONTINUE TO HAPPEN. THIS JOURNAL IS
FOR YOU TO TRACK HOW YOU ARE
DOING, FEELING, AND WHAT IS BEHIND
(MIND) SO YOU CAN GO BACK AS OFTEN
TO FEEL GOOD.

TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WHAT WERE MY MOST DOMINANT EMOTIONS?



HOW DID THEY FEEL IN YOUR BODY?
WHERE IN YOUR BODY DID YOU FEEL
EACH EMOTION?

- _____
- _____
- _____

REPEATING THOUGHTS:

- _____
- _____
- _____

BRINGING AWARENESS WILL HELP YOU
CHANGE YOUR THOUGHTS. YOU HAVE
TO BE IN CONTROL, NOT YOUR MIND!

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WHAT ACTIVITIES DO YOU CURRENTLY DO THAT CAN BE CONSIDERED PART OF YOUR SELF-CARE?

E.G. Going for walks, eating less sugar and processed foods; friend's gatherings, reading or watching something you enjoy, hydration, etc.

1.
2.
3.
4.
5.

"Self-care is different for everyone. You don't have to be a vegan eating. yoga doing, meditation practicing, Buddhist. Self-care is simply making time for yourself to do the things that make your soul shine. Whatever those things are."
-Dominee

SELF-CARE RESOURCES

WORKSHOP THE BASICS OF MEDITATION

it's a beginner-friendly workshop that explores why we resist meditation, the different types available, and the benefits of a regular practice. You'll learn practical tips on how to get started, proper seated postures, and wrap up with a guided 2-minute meditation to experience it firsthand.

WATCH THE WORKSHOP:  [YOUTUBE VIDEO](#)

DANCE

Music is amazing to uplift us up and when we get to dance, it's even better. Moving your body will boost your mood, it's a fun workout and dancing is a form of self-expression that reduces stress, builds confidence, and fosters connections.

LET'S DANCE:  [SPOTIFY DANCE MIX](#)

INSIGHT TIMER APP

it's a free app where you can find meditations and music of any kind. plus live events such as yoga and talks. they have a premium option too for a yearly fee. the free version has more than enough. you choose.

CHECK THE APP: [INSIGHT TIMER](#) 