

INTENTIONAL LIVING

SELF-CARE

CHECKLIST

DATE ____ / ____ / ____

S M T W T F S

- ☐ MAKE YOUR BED
- ☐ TAKE YOUR MEDICATIONS & VITAMINS
- ☐ SKINCARE ROUTINE
- ☐ HEALTHY MEALS
- ☐ GO FOR A WALK
- ☐ CLEANING HOUSE
- ☐ WASHING CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ HAVE A POWER NAP
- ☐ SOCIAL MEDIA BREAK

- ☐ TAKE A LONG BATH
- ☐ DO A FACE MASK
- ☐ CALL A FRIEND OR FAMILY
- ☐ MEDITATION
- ☐ WATCH A MOVIE
- ☐ CUDDLE A PET OR HUMAN
- ☐ TRY A NEW RESTAURANT
- ☐ MAKE TIME TO READ
- ☐ TRY A NEW RECIPE
- ☐ NO PHONE 30 MINS BEFORE BED

WORKOUT

CARDIO

☐

WEIGHT

☐

YOGA

STRETCH

☐

REST DAY

☐

OTHER

HOURS OF SLEEP

(Hours)

1 2 3 4 5 6 7 8

WATER BALANCE

(Glass)

1 2 3 4 5 6 7 8

MOOD

ANGRY TIED SAD GREAT FUN



Things that
make me
happy today