Self-Care CHECKLIST

18 ideas to get you started.

Get physical activity

Get enough sleep

Say positive affirmations

Indulge in the present moment

"Pampering" prior to bedtime

Plan out your week in advance

Spend time with a loved one

Get fresh air

Drink warm water with lemon

Practice tongue-scraping or oil pulling

Cleanse your nasal passages with a Neti pot

Eat a light breakfast, larger lunch, and light dinner

Practice gratitude

Journal and/or read a good book

Listen to calming sounds

Engage in self-massage

Practice self compassion

Do an act of kindness

Μ Т W Т F S

DAILY REFLECTION

Today I am grateful for these three things	Date:
1. 2.	Water:
3.	Exercise:

 T_{od} and T_{od} , this good thing happened to me and I appreciate it because:

 T_{od} and T_{od} , this not so good thing happened to me and this is how I handled it:

Today, this thing made me happy:

Today, I discovered this about myself:

STOP AND CHECK

SELF-ASSESSMENT AND REFLECTION ACTIVITY

Think about what you've learned so far

1 What have you learned so far?

2 Which new words have you learned?

3 What do you still find difficult to understand?

4 How can you apply what you have learned?

5 What has been your favorite part of doing self-care and reflection?

6 Which strategies helped you most?

7 What are your next steps for improvement?

8 How do you feel about your progress?