Inspirational Quote/Affirmation

Self-Care/Love Checklist

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.

Notes:

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List of Self-Care/Love Activities

Choose from the list of 25 options to help you create your own self-care activity checklist.

1. **Positive affirmations** - Start the day with a positive statement about yourself.
2. **Celebrate your achievements/ count your wins** - Acknowledge and celebrate your
3. accomplishments, no matter how small.
4. **Treat yourself** - Indulge in a small treat or reward yourself for a job well done.
5. **Set boundaries** - Learn to say “no” and set healthy boundaries to protect your well-being.
6. **Pampering sessions** - Treat yourself to a spa day with skincare, a bath, relaxation (at home or at a salon)
7. **Affectionate self-talk** - Speak to yourself with kindness and encouragement.
8. **Create a self-love playlist** - Compile a list of songs that make you feel confident and empowered.
9. **Meditation** - Spend some time in quiet meditation to clear your mind and increase mindfulness.
10. **Reading** - Escape into a good book or explore literature that interests and inspire you.
11. J**ournaling** - Write down your thoughts , feelings, and experiences to gain clarity and self-awareness.
12. **Nature walks** - Take a leisurely walk in nature to connect with the outdoors and clear your mind.
13. **Bubble bath** - Treat yourself to a soothing bath to relax your muscles and unwind
14. **Artistic Expression** - Engage in creative activities like drawing, painting, or crafting.
15. **Digital detox** - Take a break from screens and social media to reduce mental clutter.
16. **Visualization** - Picture yourself succeeding and achieving your goals in vivid detail.
17. **Forgiveness practice** - Forgive yourself for mistakes (past & present) and focus on personal growth.
18. **Surround yourself with positivity** - Spend time with people who uplift and support you.
19. **Engage in self-expression** - Express yourself through art, writing, or any form of creative outlet
20. **Compliment Jar** - Create a jar filled with compliments and positive notes about. Read them when you need a boost.
21. **Listen to music** - Enjoy your favorite music to uplift your mood and relax.
22. **Gratitude practice** - Write down things you’re grateful for to cultivate a positive mindset.
23. **Exercise/Move your body** - Find (or engage in) a physical activity that makes you feel good, enjoy, whether it’s walking, jogging, dancing, weightlifting or yoga - just move!
24. **Laughter** - Watch a funny movie, listen to a comedy podcast, or spend time with friends who make you laugh.
25. **Deep breathing exercises** - Practice deep and mindful breathing to reduce stress and promote relaxation.

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