

Weekly self-care checklist

Write down what you need for self-care in the different categories below, like do 30min exercise twice a week or write 3 things you are grateful for every night... If you need more ideas, you can find some on the last page of this booklet. The next page will help you track what you do as self-care activities on a weekly basis.

Enjoy taking care of yourself!

Physical needs



Mental needs



Emotional needs



Spiritual needs



Social needs



Weekly Self-care Tracker

Week of _____

My Self-care goal for the week

This week I'm loving

This week I'm proud of

This week I am grateful for...

Next week I'll focus on ...

50 Self-care Ideas

if you don't know where to start...

- Sew/ Knit
- Go to the theatre
- Volunteer
- Tidy up your wardrobe
- Go to yoga
- Learn to meditate
- Play an instrument
- Do a sudoku
- Read a book
- Paint/ draw /doodle
- Write in your journal once a day
- Do a puzzle
- Play with your children
- Go to the cinema alone
- Spend time in your garden
- Go swimming
- Go to see an exhibition
- Write a book
- Play board games
- Learn a new skill
- Say no to someone (kindly!)
- Go for a walk
- 8 hours sleep
- Drink water regularly
- Eat at breakfast, lunch & dinner
- Breathe deeply for 5 mins
- Have dinner with friends
- Take a bath
- Go on a date night
- Have a manicure
- Sing out loud
- Cook a meal from scratch
- Have a cold shower
- Learn pottery
- Do nothing for 15min
- Talk to someone
- Plan your next holiday
- Stretch
- Have a nap
- Listen to music
- Have a massage
- Start a book club
- Stroke a pet
- Go to Pilates
- Watch the stars on a summer night
- Call a friend you have not seen in ages
- Write down 3 things you are grateful for every night
- Do not go on social media for 24h (or more)
- Block time for you once a week 1h at least
- Dance for 15mins like no one is watching

For more inspiration go to www.whentheyoumakeithappen.com

When you make it happen
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