



LifeWise
— THERAPY —

SELF-CARE CHECKLIST

Small steps that support your mental, emotional, physical, and spiritual well-being.

Name: _____

Week of: _____



1. Daily Basics

- ☐ Drank enough water
- ☐ Ate regular meals
- ☐ Got out of bed and got dressed
- ☐ Took medications/supplements as prescribed
- ☐ Moved my body
- ☐ Got fresh air or sunlight
- ☐ Slept enough / followed a bedtime routine



2. Emotional & Mental Care

- ☐ Paused and checked in with my feelings
- ☐ Practiced deep breathing or grounding
- ☐ Wrote in a journal
- ☐ Challenged negative self-talk
- ☐ Asked for help when needed
- ☐ Took a break when overwhelmed



3. Connection & Support

- ☐ Texted or talked with someone supportive
- ☐ Spent quality time with family or friends
- ☐ Set a healthy boundary
- ☐ Limited time with draining people or situations



4. Spiritual & Personal Growth

- ☐ Prayed, reflected, or spent quiet time with God
- ☐ Read something encouraging or uplifting
- ☐ Practiced gratitude
- ☐ Did something that gave me purpose or meaning



5. Rest & Enjoyment

- ☐ Did something relaxing
- ☐ Limited social media / screen time
- ☐ Spent time on a hobby or something enjoyable
- ☐ Celebrated one small win today



6. My Personal Self-Care

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



What helped me most this week? _____



What is one thing I want to focus on next week? _____

