



FREE PRINTABLE








# *SELF-CARE LISTS*

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# DAILY SELF-CARE TO-DO-LIST

**Make yourself a priority!**

-  Write down something I'm grateful for
-  Fill my water bottle twice throughout the day
-  Take a pause moment
-  Plan my day by the hour
-  Meditate
-  Move my body for 30 minutes
-  Learn something new

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# SELF-CARE *Bingo*

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	PLAYED WITH MY PET	DID A CUCUMBER EYE MASK
TOOK A BREAK	DRANK WATER	Free	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	HUGGED MY PARENTS	DROPPED A HABIT
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION





## TIME FOR

# Self-Care

Daily mood tracker **OR** Daily gratitude list

Afternoon nap **OR** Early bedtime

Time with family **OR** Time with friends

Lunch with a friend **OR** Lunch by myself

Scented candles **OR** Essential oils

Stay indoors **OR** Stay outdoors

Warm blankets **OR** Soft socks

Sheet facial mask **OR** Clay facial mask

Meditate **OR** Deep breathing

Social media break **OR** Break from work

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