

My Daily Self-Care Sheet

Date: _____

Mind

- ☐ Took a break from screens
- ☐ Stimulated my mind (read, write, puzzle, etc.)
- ☐ Practiced mindfulness or quiet reflection
- ☐ Spoke kindly to myself

Body

- ☐ Ate nourishing meals
- ☐ Stayed hydrated
- ☐ Moved my body (walk, stretch, workout)
- ☐ Rested or slept well

Heart

- ☐ Connected with someone I care about
- ☐ Expressed my feelings in a healthy way
- ☐ Laughed or smiled
- ☐ Did something I enjoy

Soul

- ☐ Spent time in nature or appreciated beauty
- ☐ Acted in line with my values
- ☐ Practiced gratitude
- ☐ Took a moment to breathe deeply



Daily Reflections

Today I want to feel: _____

I'm grateful for: _____

I'll do this one kind thing for myself today: _____

Something that brought me joy today: _____