

Monthly Self-Care Check Sheet

The goal of this Monthly Self-Care Check Sheet is to be proactive about building regular self-care into your daily life.

Start by filling in the column to the left with your favorite restorative self-care activities (ideally, at least one or two of these should be simple and fast to do).

Keep the Check Sheet somewhere highly visible (on your refrigerator, on your desk, etc.) and check in with it every day. The goal is to do at least one intentional act of self-care each day (but more than one would be great, too!)

Here's an example of how I use the check sheet:

Week 1	M	T	W	T	F	S	S
Yoga or exercise (goal is 4x / week)	X		X	X			X
Creative writing time (goal is once per week)		X			X		
Listen to music I LOVE	X	X	X	X	X	X	X
30 minutes reading for pleasure (goal is 3x / week)			X			X	
Take a nap (goal is 2x / week)						X	X

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Week 1	M	T	W	T	F	S	S

Week 2	M	T	W	T	F	S	S

Week 3	M	T	W	T	F	S	S

Week 4	M	T	W	T	F	S	S