

Self Care Checklist



Successible *Life*

FOR A BETTER WAY OF LIVING

Self Care Checklist

Fill out the list below with daily self-care activities you would like to accomplish.
Feel free to read through our list of suggestions for ideas.



Physical

- _____
- _____
- _____
- _____
- _____



Emotional

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- _____
- _____
- _____
- _____



Mental

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- _____
- _____
- _____
- _____



Social

- _____
- _____
- _____
- _____
- _____



Spiritual

- _____
- _____
- _____

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- _____
- _____





Physical SPHERE

Peruse through this list of self-care activities to see what you'd like to do today.

1. Get 7-8 hours of sleep each night
2. Drink at least 8 cups of water per day
3. Eat regularly (breakfast, lunch, and dinner)
4. Eat healthy foods
5. Take the time to enjoy my food
6. Attend to personal hygiene
7. Take a relaxing bath
8. Exercise or take a fitness class
9. Spend some time away from technology
10. Get a massage
11. Wear clothing I like
12. Have a spa day
13. Schedule a check-up for regular medical care
14. Play a sport
15. Do a fun physical activity (e.g., dancing, hiking, swimming, etc.)
16. Stretch
17. Take a nap
18. Take a day trip or mini vacation
19. Take some deep breaths
20. Spend time outdoors (e.g., walking, biking, etc.)



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Emotional SPHERE

Peruse through this list of self-care activities to see what you'd like to do today.

1. Let myself cry if I need to
2. Record my thoughts in a journal
3. Say positive affirmations to myself
4. Receive support from others
5. Forgive myself when I make a mistake
6. Forgive others
7. Let go of trivial matters
8. Try an artistic activity (e.g., painting, poetry, music, etc.)
9. Give yourself credit on things you have accomplished
10. Do something I love (favorite activity)
11. Make a list of things I love about myself
12. Find things that make me laugh
13. Make a gratitude jar
14. Write 3 things that made me happy today
15. Verbalize and talk about feelings
16. Allow myself to feel without judgement
17. Let go of trying to be perfect
18. Write a letter to my younger self with words of encouragement
19. Revisit a childhood hobby
20. Talk to a counselor walking, biking, etc.)



Mental SPHERE

Peruse through this list of self-care activities to see what you'd like to do today.

1. Take a mental break from the day
2. Read a book for pleasure
3. Try to learn something new (e.g., learn a new language)
4. Listen to music
5. Solve a puzzle or brain exercise
6. Make time for self-reflection
7. Watch a movie or TV show I love
8. Go for a drive with no destination in mind
9. Don't put too much to do on my plate
10. Declutter my home
11. Decrease stress in my life
12. Declutter my desk/workspace
13. Clean something in my home I've been avoiding to clean
14. Make time to do needed chores
15. Take technology breaks when needed
16. Say no when I don't want to/can't do something
17. Set an intention for the day
18. Make quiet time to complete tasks
19. Identify projects or tasks that are exciting and rewarding
20. Balance my workload so no one day or part of a day is "too much"


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Social SPHERE

Peruse through this list of self-care activities to see what you'd like to do today.

1. Connect with old friends
2. Spend time with people that bring me joy
3. Meet new people
4. Join new activities like book clubs or hobby classes
5. Set boundaries with toxic or negative people
6. Ask for help if I need it
7. Allow friends to do things for me if they want
8. Schedule time with my friends
9. Schedule time with my family
10. Schedule a date night with my partner/spouse
11. Stay in contact with important people in my life
12. Don't check social media first thing in the morning or right before bed
13. Unfriend negative people from my social media feeds
14. Have a social media detox
15. Let others know a different aspect of myself
16. Thank others
17. Hug someone
18. Spend time with my pet
19. Have a girls night out
20. Cook a meal with friends/family


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Spiritual SPHERE

Peruse through this list of self-care activities to see what you'd like to do today.

1. Meditate for 10 minutes
2. Spend time in nature
3. Volunteer my time for a charity
4. Perform a random act of kindness
5. Listen to an inspirational podcast
6. Do yoga
7. Start a garden
8. Add plants to my home or office
9. Use an aromatherapy diffuser
10. Visit a park or zoo
11. Spend time in nature
12. Spend time alone
13. Practice mindfulness
14. Be curious and open-minded
15. Find a spiritual connection or community
16. Be open to inspiration
17. Identify what is meaningful to you and notice its place in your life
18. Cherish your optimism and hope
19. Be aware of nonmaterial aspects of life
20. Sing



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