

Self-Care Checklist

Self-care is radical self-love in action. Self-care doesn't mean you are being selfish, or that you don't care about the people in your life who are making demands of you. It means you care about the number one person in your life – YOU. And when you are caring for yourself, there is a more enriched you that can then be offered to others.

In the Radical Self-Love book, I provide you with **10 Tips for Building Self-Care** in Chapter 9. The checklist below will help you to identify self-care areas and then track your daily actions. You might want to choose one area of focus, or create actions across many or all of these areas.

Self-Care Action	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind Support my stress reduction with a form of <u>focused relaxation today</u> such as reading, having a massage, taking a walk, having a hot bath, OR my specific goal: _____							
Exercise Support my physical wellness by <u>moving my body</u> in some way today such as taking a walk, yoga or workout routine, OR my specific goal: _____							
Nutrition Support my body by <u>eating nutritious, healthy balanced meals</u> today, OR my specific goal: _____							
Spiritual Support my spirit by <u>meditating, journaling, or practicing gratitude</u> today, OR my specific spiritual goal: _____							
Connection Support my relationships and connection to others by <u>being present and spending quality time</u> with the people I care about OR, my specific goal: _____							
Grow Self-Love Support my self-love growth today <u>doing loving things just for me</u> such as being self-compassionate, doing something enjoyable, taking myself on a 'date', OR my specific self-love goal: _____							
Celebrate Me Support my progress and uplift myself by <u>celebrating the big and small wins</u> today.							