

Self-care to-do list

Taking time to focus on yourself is an important part of feeling balanced. Be mindful about choosing a variety of self-care activities, and keep track of them on this sheet. It should get easier over time to prioritize taking care of yourself.

Time	Mindfulness activity
2 min.	Meditation

Time	Movement activity
15 min.	Walked outside

Date	Nutrition activity
8-18	Replaced deli sandwich and chips with a salad for lunch

Date	Social activity
8-18	Wrote to a childhood friend

Date	Financial activity
8-18	I balanced my accounts