

Self-Care Checklist

check off what you did this week | evrygal.com

PHYSICAL

- Move your body for 30 minutes
- Drink 8 glasses of water
- Sleep 7-8 hours
- Eat a meal you cooked yourself
- Take your vitamins

MENTAL

- Read for 15 minutes (not your phone)
- Write one journal page
- Learn something new
- Do a brain dump of everything on your mind

EMOTIONAL

- Name one feeling you had today
- Say no to one thing you don't want to do
- Tell someone how they made your day better
- Let yourself feel without fixing it

SOCIAL

- Text or call someone you care about
- Have a real conversation (not logistics)
- Set one boundary
- Accept help when it's offered

CREATIVE

- Spend 10 minutes outside
- Write down 3 things you're grateful for
- Do something creative with no goal
- Breathe intentionally for 5 minutes

SPACE

- Clean one surface
- Declutter one drawer or shelf
- Light a candle or open a window
- Make your bed

MONEY

- Check your budget
- Skip one unnecessary purchase
- Save something, even \$1

NOTES / REFLECTIONS
