



DAILY SELF-CARE CHECK-IN CARDS

A TOOL TO HELP GUIDE REGULAR SELF-CARE

Self-care is considered any deliberate activity that supports your mental, emotional, and physical health. When you take time to meet your own needs, you will be better able to care for yourself and others. Use the first card below as a guide to get started. Use these prompts each day or create your own (Ex: practiced gratitude, rode my bike, hugged my dog, etc.).

DAILY SELF-CARE CHECK-IN

TODAY I ...

- | | |
|--|--|
| <input checked="" type="checkbox"/> drank enough water | <input type="checkbox"/> took a deep breath |
| <input type="checkbox"/> got enough sleep | <input type="checkbox"/> did something good for myself |
| <input type="checkbox"/> moved my body | <input type="checkbox"/> asked for support |

DAILY SELF-CARE CHECK-IN

TODAY I ...

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

DAILY SELF-CARE CHECK-IN

TODAY I ...

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

DAILY SELF-CARE CHECK-IN

TODAY I ...

- | | |
|--------------------------|--------------------------|
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DAILY SELF-CARE CHECK-IN

TODAY I ...

- | | |
|--------------------------|--------------------------|
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| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

