

Daily Self Care Activities

Fill out the date below along with the amount of sleep and water you get every day.
Peruse through this list of self care activities to see what you'd like to do today.

Date: _____

Today I will ...

Amount of water



Hours of sleep



Emotional

- Deliver flowers to yourself
- Start a gratitude journal/jar
- Go to a comedy show
- Say positive affirmations out loud

Physical

- Take a stretch break
- Get a massage
- Try a new workout like HIIT/boxing
- Schedule a check up

Spiritual

- Perform a random act of kindness
- Go on a nature hike
- Volunteer for a local charity
- Try yoga/meditation
- Schedule alone time

Mental

- Clean my living/working space
- Read a new book for pleasure
- Solve brain teasers/puzzles
- Go on a vacation/day trip away from home
- Make a daily accomplishment list
- Try an adult coloring book



My Self Care Activities

Fill out the date below along with the amount of sleep and water you get every day.

Date: _____

Today I will ...

Pick one self care activity that you'll do today!

Amount of water



Hours of sleep



I'm proud of myself for

I'm grateful for

1 _____

2 _____

3 _____

My priorities

To-do

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

