

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

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

