

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 _____

Spiritual

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

Physical

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

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

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

