

Establish a Self-Care Routine Checklist

Creating a self-care routine is essential for enhancing your well-being. It involves careful planning and reflection to identify what truly nurtures you.

1

Clarify Your Intentions

Identify what motivates your self-care: stress relief or happiness enhancement. Create a vision!

2

Compile Your Self-Care Activities

List 10-15 joyful activities to add to your routine.

3

Address Your Personal Needs

Personalize self-care by journaling to identify stressors and soothing activities.

4

Establish Clear Goals

Set **SMART** goals for self-care to stay focused and adaptable.

- Specific: Identify the details about your goals.
- Measurable: Decide how progress will be measured.
- Achievable: Set realistic goals.
- Relevant: The change will make a difference.
- Time-bound: Set a realistic timeframe.

5

Schedule Regular Self-Care Practices

Choose 1-3 activities to include in your daily routine.

6

Layer Your Self-Care Approach

Layer your self-care: daily, weekly, monthly, and yearly activities.

7

Implement Reminders for Consistency

Use reminders to stay accountable for your self-care, like calendar alerts or alarms.

