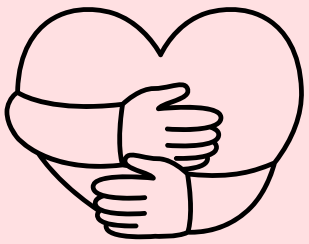
SELF-CARE CHECKLIST



Questions to ask yourself

- Could you see yourself doing this regularly?

- Are you trying to do too much at once?

- What has worked previously? (What activities/hobbies that made you happy about life?

Now think of 3 ways you can do self-care and write them down here!

-
-
-