

Self Care List

A simple guide to help you care for your mind, body & spirit even on your busiest days. Use this worksheet to create a list of quick self-care activities you can do when you're short on time, and deeper self-care practices for days when you have space to slow down.

Short on Time Self Care

For the days when life is full and you need quick, grounding moments.

Slow Down Self Care

For the days when you have space to breathe a little deeper.

BODY

MIND

SPIRIT

REMINDER

You don't have to earn rest. You don't have to "deserve" peace. Take good care of yourself in the moments you have.