

• WEEK 4 •

SELF CARE CHECKLIST

KIND SELF CARE

Kind self care is time when you take a break and choose an action that shows that you are worthy of kindness. It is a time to be present with yourself.

Choose at LEAST two types of KIND SELF CARE this week, either from the suggestions below or write in some new ones!



- | | |
|--|--|
| <input type="checkbox"/> Go for a walk in Nature | <input type="checkbox"/> Get a Pedicure |
| <input type="checkbox"/> Curl up with a Book | <input type="checkbox"/> Dance to your Favorite Song |
| <input type="checkbox"/> Sleep In | <input type="checkbox"/> Make Time for Play |
| <input type="checkbox"/> Get a Massage | <input type="checkbox"/> |
| <input type="checkbox"/> Take a Hot Bath | <input type="checkbox"/> |
| <input type="checkbox"/> Say No to a Project | <input type="checkbox"/> |

REFLECTIVE SELF CARE

Reflective self care is defined as time that you gift yourself to increase your self awareness and reflect on your inner landscape.

Choose at LEAST one type of REFLECTIVE SELF CARE this week either from the suggestions below, or write some in!

- Feel your feelings without judging them
- Meditate
- Journal
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