

BE SELFISH WITH  
YOURSELF

# Self - Care Checklist

This Self - Care Checklist was created with you in mind. My hope is to remind you to be kind to yourself and that it's more than alright to be intentionally selfish with yourself.

# Self - Care Checklist

BE SELFISH WITH YOURSELF

- ☐ *Say a statement of gratitude*
- ☐ *Put your phone on DND*
- ☐ *Light a candle*
- ☐ *Listen to a calming playlist*
- ☐ *Meditate*
- ☐ *Journal*
- ☐ *Have two glasses of wine*

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BE SELFISH WITH YOURSELF

## Personal Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# *Self - Care Checklist*

**BE SELFISH WITH YOURSELF**

## **Self Care Inspirational Quotes**

- "Keep taking time for yourself until you're you again."
- "Give yourself the same care & attention that you give to others."
- "The most important relationship is the one you have with yourself."
- "Be selfish with yourself."

# *Self - Care Checklist*

**We often find time to take care of everyone, but ourselves. It's imperative to create time to pamper yourself. You can't continue to ignore yourself and expect your mental, physical and spirit to be well. Please remember it's 100% alright to BE SELFISH WITH YOURSELF ON PURPOSE.**

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