

Self-Care Checklist

Self-care as maintenance, not indulgence. Small, boring, repeatable things that keep a human running - no spa day required.



1 PRINT IT, PUT IT UP

2 START WITH ONE DAILY ITEM

3 TICK WHAT HAPPENED

DAILY

SMALL ANCHORS · LOW EFFORT

- ☐ **Water before coffee**
One glass before anything caffeinated. Your brain runs on it.
- ☐ **10 minutes of outside light**
Early if you can. Daylight sets your body clock better than willpower does.
- ☐ **One real meal, sitting down**
Not at the desk, not over the sink. Twenty unhurried minutes counts.
- ☐ **5-minute tidy of one surface**
Just one: the desk, the counter, the bedside pile. Then stop.
- ☐ **Move your body somehow**
A walk, stretching, dancing badly to one song. Motion, not performance.
- ☐ **One no-screen wind-down step**
Shower, stretch, paper book - anything that tells your body the day is ending.
- ☐ **A bedtime you chose on purpose**
Decided in the morning, not negotiated with your phone at 1 a.m.

WEEKLY

ONCE IS ENOUGH · PICK YOUR DAY

- ☐ **One thing purely for fun**
No self-improvement angle allowed. Fun is the whole point.
- ☐ **Reach out to one person**
A text counts. Connection is upkeep, not an extra.
- ☐ **One admin task you dodged**
The form, the call, the email. Fifteen minutes, then you are free of it.
- ☐ **A screens-off block**
One honest hour with the phone in another room.
- ☐ **Plan next week's hardest day**
Find the roughest day ahead and take one thing off it now.



Weekly items work best attached to a ritual: Sunday coffee, Friday lunch.

MONTHLY

THE LONG GAME · SLOW WINS

- ☐ **Check the basics**
Sleep, food, movement, meds. Notice what slipped and patch one thing.
- ☐ **Book the postponed appointment**
Dentist, doctor, haircut. Booking it is the whole task today.
- ☐ **Curate your feed**
Unfollow or mute what spikes you. Your attention is a room you live in.
- ☐ **Do the "too busy" thing**
The hobby, the visit, the walk somewhere new. Busy is a setting, not a fact.



Tie these to a date you already notice, like the 1st or payday.

Half-ticked is not failed

This page measures maintenance, not worth. Every box you tick is care your body actually received, so four ticks in a rough week is four real wins. The list resets fresh each round - everything you already did stays done.