

Name _____

Week _____

Mental Self-Care Checklist	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Write							
Affirmation							
Gratitude							
Share							

Aim to practice the habits 5-7 seven times each week. Put a check in the box each time you complete one of the habits.

Write. Use this space to detail WHY you want to write (mental self-care, process emotions, etc). WHERE you will do your writing—in a journal or notebook, or on a computer. WHAT you will write about, WHEN you will write, and for HOW LONG. I suggest starting with something short, just two minutes when you first start out.

WHY _____

WHERE _____

WHAT _____

WHEN _____

HOW LONG _____

Affirmation. Use this space to detail WHY affirmations are important to you, WHEN you will practice affirming yourself and others, and WHAT you want to affirm.

WHY _____

WHEN _____

WHAT _____

Gratitude. Use this space to detail WHY expressing gratitude is important to you, WHEN you will practice gratitude, and WHAT things you are grateful for.

WHY _____

WHEN _____

WHAT _____

Share. Use this space to detail WHY you want to share something, WHAT you can share, and WHEN you will share it.

WHY _____

WHAT _____

WHEN _____