



Tick what you could do in seven areas, pick three for this week, note what to try if ticking feels hard, write your bare minimum list for hard days, and look back at the end of the week.

## 01 Body, mind and feelings

Tick anything you'd like to do more of, or already do. A tick means 'yes, that would help me', not 'I must'.

### Body

- ☐ Drink a glass of water
- ☐ Eat a proper meal, sitting down
- ☐ Stretch for five minutes
- ☐ Go for a short walk
- ☐ Go to bed 30 minutes earlier
- ☐ Have a shower or bath without rushing
- ☐ Sit by a window in the daylight for ten minutes
- ☐ Put on clothes that feel comfortable
- ☐ Book that appointment you've been putting off

### Mind

- ☐ Read a few pages of a book
- ☐ Do a puzzle or crossword
- ☐ Listen to a podcast or an album all the way through
- ☐ Write down everything on your mind (a brain dump)
- ☐ Leave your phone in another room for an hour
- ☐ Unfollow one account that leaves you flat
- ☐ Learn one small thing that interests you
- ☐ Write a short list instead of holding it all in your head

### Feelings

- ☐ Name what you feel in one word
- ☐ Write for five minutes, with no rules
- ☐ Let yourself cry if you need to
- ☐ Play a song that matches your mood
- ☐ Tell someone 'I'm having a hard day'
- ☐ Take three slow breaths
- ☐ Talk to yourself the way you'd talk to a friend
- ☐ Do something calming with your hands

## **02 People, home, money admin, and fun and rest**

The small practical areas count too. A tidy corner or an opened letter can lift a weight you didn't know you were carrying.

### **People**

- ☐ Send a text to one person
- ☐ Reply to a message you've been avoiding
- ☐ Call a friend or a relative
- ☐ Ask for help with one thing
- ☐ Say no to one thing
- ☐ Have a cup of tea with someone
- ☐ Tell someone thank you
- ☐ Sit with someone and say very little

### **Space at home**

- ☐ Make your bed
- ☐ Clear one surface
- ☐ Open a window
- ☐ Put away what's piled on the chair
- ☐ Take out the bins
- ☐ Do one load of washing
- ☐ Put on a lamp or light a candle
- ☐ Water a plant

### **Money admin**

- ☐ Open the post you've been avoiding

- ☐ Check your bank balance
- ☐ Pay one bill
- ☐ Cancel one subscription you don't use
- ☐ Write down what's due this month
- ☐ Put a little aside, any amount
- ☐ Note one date you might forget (a renewal or a deadline)
- ☐ Put one money task in your calendar

### **Fun and rest**

- ☐ Sit down with a hot drink and do nothing
- ☐ Watch something you love
- ☐ Dance in the kitchen
- ☐ Spend 15 minutes on a hobby
- ☐ Lie down with your eyes shut
- ☐ Go outside with no goal
- ☐ Play a game
- ☐ Draw, doodle or colour
- ☐ Have a screen-free evening

**Anything of my own to add to the list:**

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### 03 My three for this week

Look back over your ticks and choose three. Pick at least one that is easy. Then give each a time, for example 'after dinner' or 'on my lunch break'.

| What I'll do<br>From the lists above | When and where<br>After... / On... at... | Done?<br>Tick, or a note |
|--------------------------------------|------------------------------------------|--------------------------|
| <hr/>                                | <hr/>                                    | <hr/>                    |
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### 04 If ticking feels hard

Some days even a small item feels like too much. That is common, and it is not a failure. Write what is in the way, and one smaller thing to try instead. If nothing feels doable, the bare minimum list below is enough.

| What gets in the way<br><br>e.g. no time, tired, feels selfish, costs too much | One small thing I could try instead |
|--------------------------------------------------------------------------------|-------------------------------------|
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## 05 My bare minimum for hard days

On a hard day, one list is enough. Tick what you'd count as a good enough day, and add your own. Fill this in now, while you can think straight, so you don't have to decide later.

On a hard day, I'll aim for:

- ☐ Eat something
- ☐ Drink some water
- ☐ Send one text to someone
- ☐ Step outside, even for a minute
- ☐ Wash my face or brush my teeth
- ☐ Go to bed, even if I can't sleep

My own bare minimum items:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who I can message on a hard day:

\_\_\_\_\_

## 06 Weekly look back

At the end of the week, take two minutes. You're not marking yourself. You're finding out what is worth keeping.

How looked after do I feel this week?

1 2 3 4 5 6 7 8 9 10

Running on empty

Well looked after

What I did, and what helped:

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What I'll keep for next week:

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What I'll drop or swap:

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### When you're done, a moment to reflect

- Which tick surprised you, and what made you want to do it?
- Which area had the fewest ticks? Is that a gap, or is it simply not what you need right now?
- What do you do for other people that you rarely do for yourself?
- What would count as a good enough day when everything feels too much?
- Who could you tell about your bare minimum list, so they know what a hard day looks like for you?

Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life. Fill it in online and it saves as you go: [selfgrowth.org/worksheets/self-care-checklist](https://selfgrowth.org/worksheets/self-care-checklist)



### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.