PARAMOUNT
COUNSELING SERVICES

Compassionate Care. Meaningful Growth.

Self-Care Checklist
Worksheet

Small acts of self-care can have a big impact on your well-being. Care for yourself so you can show up for your life.

How to Use This Checklist:

- Review each category.
- Choose 1–3 items to focus on each week.
- Check off the items as you complete them.
- Notice how small acts of self-care create big changes.

Tip: *Schedule self-care like any other important appointment.*

1. MIND: NOURISH YOUR THOUGHTS

- ☐ Practice positive self-talk.
- ☐ Take a break from social media or screen time.
- ☐ Read or listen to something inspiring.
- ☐ Write in a journal.
- ☐ Practice gratitude.

2. BODY: CARE FOR YOUR PHYSICAL HEALTH

- ☐ Drink enough water.
- ☐ Eat nourishing foods.
- ☐ Move your body in a way you enjoy.
- ☐ Get 7–9 hours of quality sleep.
- ☐ Take regular breaks and stretch.

3. SPIRIT: CONNECT TO WHAT MATTERS

- ☐ Spend time in nature.
- ☐ Pray, meditate, or practice mindfulness.
- ☐ Engage in activities that bring you joy.
- ☐ Connect with your values and purpose.
- ☐ Practice acts of kindness.

4. SOCIAL: BUILD MEANINGFUL CONNECTIONS

- ☐ Spend quality time with uplifting people.
- ☐ Have a meaningful conversation.
- ☐ Set healthy boundaries.
- ☐ Ask for help when you need it.
- ☐ Join a community or group.

REFLECTION

Which self-care activities make you feel most energized and balanced?

_____

_____

_____

What small self-care habit will you commit to this week?

_____

_____

WEEKLY SELF-CARE PLAN

List your self-care focus or planned activities for each day.

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

You can't pour from an empty cup. Take care of yourself first.

Remember: *Progress, not perfection. Small steps lead to lasting change.*