

TAKING CARE OF ME DAILY TRACKING WORKSHEET

This daily checklist is to help remind yourself of the foundational ways you can prioritize your mental health care throughout each day. This list isn't to be used to create shame for what you can't make happen, but to inspire you with how you can show love by prioritizing the needs that contribute to your overall wellness.

Remember: Presence over perfection.

3 THINGS I CAN DO TODAY TO CARE FOR MYSELF:

1. _____
2. _____
3. _____

MY ENERGY LEVEL TODAY:

Let this inform your goals for the day. If you have higher energy, try to set aside more of it to show up for yourself. If you have a lower amount of energy, let that inspire you to do what you can, when you can with grace and without shame or guilt.



TRACK HOW YOU SHOW UP FOR YOURSELF:

- HYDRATE:** It's important to make sure you're drinking enough water throughout the day. Mark this complete when you feel like you can celebrate a hydration win—whether that's the full recommendation or what you could manage.
Observations or takeaways worth noting: _____
- NOURISH YOUR BODY:** Ensuring your body is getting enough nutrients to support its existence is an essential step in self-care.
Observations or takeaways worth noting: _____
- TAKE TIME TO MOVE:** Movement plays an integral role in the state of our mental health. Each day looks different, which means some days you might move more intensely, and other times you keep it simple. Celebrate by checking this off when you've engaged in a movement-based activity.
Observations or takeaways worth noting: _____
- CONNECT WITH YOUR PEOPLE:** Being in community is proven to show a reduction in symptoms of depression and anxiety, and have an overall positive impact on your mental wellness. You can connect with a friend even for a few minutes, call someone you love, or participate in a community event near you.
Observations or takeaways worth noting: _____
- INVEST IN REST AND SLEEP HEALTH:** Letting our bodies rest is one of the biggest ways we can protect and nurture our mental health—especially when our energy is depleted. Take a break for your body and brain by lying down or preparing yourself for a good night's sleep.
Observations or takeaways worth noting: _____
- DO SOMETHING YOU LOVE:** Doing something we love—whether a hobby we enjoy or an activity that reminds us we're alive—is super important. It can take five minutes of your time or maybe you spend half of your day on it. Time doesn't matter when you're fostering joy or fulfillment.
Observations or takeaways worth noting: _____

ONE THING I'M GRATEFUL FOR TODAY: _____