



# SELF CARE NIGHT CHECKLIST

*Self-care isn't an act but a loving commitment to oneself.  
How did you cherish yourself every night?*

|                          |                             |                          |                               |
|--------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Set the Mood with Lighting  | <input type="checkbox"/> | Engage in a hobby             |
| <input type="checkbox"/> | Brew a Soothing Herbal Tea  | <input type="checkbox"/> | Listen to your favorite music |
| <input type="checkbox"/> | Declutter Your Space        | <input type="checkbox"/> | Read a Feel-Good Book         |
| <input type="checkbox"/> | Take a Warm Bath            | <input type="checkbox"/> | Watch a light-hearted movie   |
| <input type="checkbox"/> | Journal your thoughts       | <input type="checkbox"/> | Eat Early for Better Sleep    |
| <input type="checkbox"/> | Do a Body Scan or Massage   | <input type="checkbox"/> | Disconnect from Devices       |
| <input type="checkbox"/> | Practice Stretching or Yoga | <input type="checkbox"/> | Set a Bedtime Timetable       |
| <input type="checkbox"/> | Practice Mindfull Breathing |                          |                               |