



Development 360 Academy
For Total Self Development

DAILY SELF-CARE CHECKLIST

Instructions: Use this checklist to prioritize your self-care each day. Check off each item as you complete it, and use the space provided to write down any additional notes or reflections.

Date: _____

1) Get enough sleep (7-8 hours)

2) Eat nutritious meals:

- Breakfast: _____
- Lunch: _____
- Dinner: _____

3) Drink enough water (8-10 glasses)

4) Engage in physical activity (at least 30 minutes):

- Type of activity: _____
- Duration: _____

5) Take breaks throughout the day:

- Number of breaks: _____
- Duration of breaks: _____

6) Practice relaxation techniques (deep breathing, meditation, EFT, etc.):

- Type of technique: _____
- Duration: _____



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7) Connect with others (friends, family, co-workers):

- Number of interactions: _____
- Quality of interactions: _____

8) Engage in hobbies or activities you enjoy:

- Type of activity: _____
- Duration: _____

9) Prioritize your tasks and manage your time effectively:

- Number of tasks completed: _____
- Time management strategies used: _____

10) Practice gratitude and positive self-talk:

- Things you are grateful for: _____
- Positive affirmations used: _____

Additional notes/reflections:
