

Self-Care Checklist

24 Ways To Make Yourself a Priority

Self-care is an important component in your overall health (mentally and physically) and it's important that you find ways to make it a priority, no matter how busy you are. Here are some healthy habits to adopt that won't take up much time.

1. Practice Self-Reflection

Self-reflection gives you the opportunity to evaluate your life: your thoughts, choices, attitudes, and behaviors. 5-10 minutes a day is all you need.

2. Say NO.

We may say we don't have time for self-care because we are so busy, however, that's only because we've said yes to everyone else's demands. Instead of filling up your schedule in this way, start saying no to mundane tasks and leave more time for what you really want to do.

3. Take a Time Out

One of the best things you can do when life gets overwhelming is give yourself permission to take a break. It's so necessary to allow yourself a breather so you can collect your thoughts and work through problems in a reasonable way.

4. Get Creative

As adults, we often stray from some of our favorite activities. Do you enjoy writing, painting, acting, sketching? Do what it takes to get your creative wheels spinning by reconnecting with things you love.

5. Take a Quick Walk

Taking a daily 10-15 minute walk is a great way to reduce stress and boost your energy and mood. Step outside and breathe in fresh air as you walk. Give it a try during your lunch break.

6. Spoil Yourself

Put your needs first and make spoiling yourself a priority. A little indulgence doesn't have to break the bank. Try a bold new lip color, blast your favorite music, or enjoy your favorite snack.

7. Learn Something New

Write out a list of things that interest you and research online courses, books, videos, etc., that will allow you to expand your knowledge on that given topic.

8. Detox from Social Media

How much time do you spend scrolling through highlights of other's lives? Become present in your own life instead by setting boundaries that limit your time on social media.

9. Make Time for Connections

Connect with people outside of your normal daily life. Catch up with old friends on a girl's night, volunteer at an animal shelter or your local soup kitchen. Make an effort to get out of the house and do something that makes you feel good.

10. Spend Alone Time

Connections are important, but prioritizing alone time is, too. If a hectic life leaves you feeling overwhelmed, on edge and anxious, spending even a small amount of time alone each day can help clear your head and relax your mind.

11. Journal Your Thoughts

Pick up a notebook and pen and start getting real with your thoughts. Write down your wins, your worries, your mess ups and everything in between. It's a great way to clear your head.

12. Plan Your Meals

Meal planning takes the stress out of wondering what's for dinner and can also save on the grocery bill. Take the guesswork out of mealtime and give yourself more control over your health and nutrition.

13. Get Organized

Organize your mental and physical space. Do a mental brain dump. Clean out junk drawers. Purge closets. Unsubscribe from email lists. By getting organized, you allow yourself more time for self-care and less time to get distracted by random clutter.

14. Create a Playlist

Music has a huge impact on our emotional, mental and physical health and is a valuable form of self-care. Find the music that speaks to you and it can affect you on a deep level and melt the stress away, even if it's just for a brief few moments.

15. Make a Vision Board

It is therapeutic taking time to envision your wants, needs, hopes, and dreams and then putting them on paper to reflect on each day. It's an intentional affirmation that you believe in yourself enough to achieve them.

16. Take a Road Trip

This can be just the thing you need to relax, unwind and get away from the daily stressors of life. It gives you the chance to reflect on who you are and what you really want.

17. Let Go of Perfection

Life is a unique journey for everyone – stop trying to measure up to fake perfection we are bombarded with on social media, in the movies, and magazines.

18. Have a GYST Day

GYST means Get Your Sh*t Together. Pick a day and do what will make you feel better about your life. Maybe you need a spa day or a bubble bath, or maybe cleaning and organizing your linen closet or paying some bills. Make time to get your life together and it will give you a big boost.

19. Get Enough Sleep

Make an effort to go to bed at the same time every night and turn off all electronic devices an hour before so your brain has some downtime. Sleep is vital and a great place to begin on your self-care journey.

20. Let Go of Guilt

Don't feel guilty for putting yourself first. This doesn't mean that you disregard everyone else and only care about yourself from this moment on. It doesn't mean that you need to stop helping others. It only means that you prioritize your needs first.

21. Ask for Help

When you need help, ask for it. It's as simple as that. Too often, we don't want to burden anyone with our problems, so we attempt to handle everything 100% on our own.

22. Eliminate Toxic People

Look at the people in your life (friends, family, co-workers). Do they support and push you to be the best version of yourself? Or do they discourage you from success and drain you with negativity? Let go of anyone who spends more time putting you down than building you up.

23. Watch Your Words

Pay attention to the words you use when you speak to yourself. Are those words encouraging and positive, or negative and spiteful? Negative self-talk is damaging to your overall health and self-esteem.

24. Practice Gratitude

This is a basic form of self-care that can be added into your daily routine. As gratitude becomes more of a habit, you'll start to notice the joy, the beauty and all the miracles in life that surround you.

There are so many different ways to incorporate self-care into your life and it's one of the best things you can do for your overall health and happiness. It doesn't take a lot of time or effort, just a commitment that you are going to start showing yourself more love, simply because you deserve it.

Additional Resources

[Small Acts of Self-Care](#)

[Why You Should Walk Each Day](#)

[Journaling for Better Mental Health](#)

[Meal Plan and Prep for Busy People](#)

[Eliminate Mental Clutter](#)

[Classic Rock Playlist](#)

[Better Midlife Sleep](#)

[Power of Positive Thinking](#)

[Overcoming Midlife Guilt](#)

[Gratitude is an Attitude](#)

