



Self-Love Checklist



SPIRITUAL

- Do something that contributes to the greater good (purpose)
- Spend time at your happy place such as a favorite trail, by the water, or star gazing
- Make a list of 5 things you are grateful for
- Define your strength story from a challenging life experience
- Practice mindfulness doing an activity you enjoy such as gardening or a nature walk
- Live in alignment with your life priorities
- Do something you are passionate about
- Express yourself authentically and respectfully
- Identify and embrace your strengths
- Do yoga and be present with your body
- Listen to and follow your heart
- Forgive someone you have not forgiven
- Practice observing your thoughts without judging them
- Say a prayer
- Journal



SOCIAL

- Join an activity that provides a sense of community and contribution
- Be with people who share your values, inspire and uplift you, and help you grow
- Unfollow social media accounts that don't inspire you or add value
- Stop comparing yourself to other people on social media
- Explore the world with a treasured friend or family member
- Set healthy boundaries
- Meet with a friend in person
- Have meaningful dialogue



MENTAL/EMOTIONAL

- Do something creative
- Watch something that makes you laugh
- Listen to uplifting music
- Embrace mistakes as growth opportunities
- Walk barefoot
- Do a digital detox
- Read or listen to someone who inspires you
- Declutter your life and spaces
- Say positive affirmations
- Give yourself permission to ask for help
- Forgive yourself or someone else
- List 5 things your body helps you do on a daily basis
- Do something that brings you joy
- Be okay putting yourself first
- Release lower emotions in a healthy way



PHYSICAL

- Take a day to rest and recharge
- Eat a healthy diet
- Get a massage
- Schedule a health and wellness visit
- Stop a harmful habit
- Get 7-9 hours of sleep
- Exercise



CAREER

- Determine what success means to you such as living your passions, balance, or stability
- Disconnect from work to prevent burnout
- Live your dream job
- Conduct a development assignment that supports your career goals
- Find a trusted and experienced mentor