

WEEKLY SELF-CARE CHECKLIST & HABIT TRACKER FOR THE BOLD & BRAVE

Morning Rituals

S M T W T F S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take 5 deep breaths before getting out of bed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink a glass of water to start the day hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jot down 1 thing you're grateful for.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Daily Basics

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat something nourishing (even if it's small).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Move your body for at least 10 minutes (a walk, stretch, or dance).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend 5 minutes in stillness (meditation, prayer, or just breathing).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Check in with yourself: <i>How do I feel right now? What do I need?</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Emotional Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Call or text a friend, sponsor, or loved one.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Journal your thoughts for 5–10 minutes.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Give yourself permission to feel your emotions—without judgment.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Mental Wellness

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Read or listen to something inspiring (a book, podcast, or article).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Practice saying something kind to yourself. ("I am enough.")
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Set one small goal for the day. (Example: "I'll show up to my meeting.")
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Evening Wind-Down

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reflect on 1 thing you did well today.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Write down 1 thing you're looking forward to tomorrow.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take a moment to breathe deeply before bed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____



Self-Love Builder

Sunday: 1 Thing I love about me: _____

Monday: : 1 Thing I love about me: _____

Tuesday: 1 Thing I love about me: _____

Wednesday: 1 Thing I love about me: _____

Thursday: 1 Thing I love about me: _____

Friday: 1 Thing I love about me: _____

Saturday: 1 Thing I love about me: _____

“Daily Mantras for Self-Love & Strength

- | | |
|--|---|
| <input type="checkbox"/> I am worth the effort. | <input type="checkbox"/> I have the strength to heal. |
| <input type="checkbox"/> I choose progress over perfection. | <input type="checkbox"/> I trust the process of my recovery. |
| <input type="checkbox"/> I am stronger than my cravings. | <input type="checkbox"/> I am enough, just as I am. |
| <input type="checkbox"/> Today, I will be kind to myself. | <input type="checkbox"/> Each day is a new beginning. |
| <input type="checkbox"/> I am capable of change. | <input type="checkbox"/> I will focus on what I can control. |
| <input type="checkbox"/> Every step counts no matter how small. | <input type="checkbox"/> My value is not defined by my past. |
| <input type="checkbox"/> I release what no longer serves me. | <input type="checkbox"/> I am learning to love myself as I am. |
| <input type="checkbox"/> I am worthy of love and respect. | <input type="checkbox"/> I release guilt and embrace growth. |
| <input type="checkbox"/> My recovery is a priority. | <input type="checkbox"/> I have the power to create a better future. |
| <input type="checkbox"/> I am proud of how far I've come. | <input type="checkbox"/> I am doing the best I can, and that's enough. |
| <input type="checkbox"/> I am a work in progress, and that's okay. | <input type="checkbox"/> Today, I will focus on what truly matters. |
| <input type="checkbox"/> Healing takes time, and I give myself grace. | <input type="checkbox"/> I am open to the possibilities of this day. |
| <input type="checkbox"/> I deserve to take up space in this world. | <input type="checkbox"/> My worth is not tied to my productivity. |
| <input type="checkbox"/> I am not my mistakes; I am my recovery. | <input type="checkbox"/> I honor my journey, even the messy parts. |
| <input type="checkbox"/> I will face today with courage and hope. | <input type="checkbox"/> It's okay to rest and recharge. |
| <input type="checkbox"/> I am stronger than I feel in this moment. | <input type="checkbox"/> My recovery is an act of self-love. |
| <input type="checkbox"/> I choose to show up for myself today. | <input type="checkbox"/> I am grateful for another chance to grow. |
| <input type="checkbox"/> I will be patient with my healing. | <input type="checkbox"/> I am proud of myself for showing up today. |
| <input type="checkbox"/> I will focus on progress, not perfection. | <input type="checkbox"/> I am worthy of the love I freely give to others. |
| <input type="checkbox"/> Today, I choose peace over chaos. | <input type="checkbox"/> I am building a life I can be proud of. |
| <input type="checkbox"/> I am able to handle whatever comes my way. | <input type="checkbox"/> I can face discomfort and be stronger from it. |
| <input type="checkbox"/> Every effort I make brings me closer to wholeness. | |
| <input type="checkbox"/> I trust myself to make choices that honor my healing. | |
| <input type="checkbox"/> I am allowed to set boundaries and protect my peace. | |

Pick one mantra each morning. Jot it on an index card or in your phone. Read and repeat three times a day plus any time you're feeling stressed or overwhelmed.

Your self-care doesn't have to be perfect—it just has to be *yours*. Whether it's brushing your teeth or taking five deep breaths, every little bit you do is another step toward building a life worth living.

More tools at: addictionrecoverybooks.com 