

Gentle
Accountability

Self-Care Checklist

Handcrafted to
Support Your
Self-Awareness

A simple pause to notice where you are — and what you may need. This is not about doing everything “right.” This is about awareness. Noticing what’s working. Noticing where you may need more care and being aware of what feels true for you right now.

Boundaries

- I say no when I need to
- I protect my time and energy
- I don't feel guilty for choosing myself



Work/Life Balance

- I take breaks regularly
- I do not tie my worth to productivity
- I have space and time to get restorative rest

Joy

- I regularly do things I enjoy
- I laugh or smile daily
- I have something to look forward to everyday

www.nakesamarie.com

This resource is for informational purposes only and is not medical or mental health advice.

