



# Self-Care Checklist

## Spirit

- Pray
- Journal
- Read your Bible
- Invite God into Everything you do
- Practice Gratitude
- Declutter your Space
- Keep your Word to yourself

## Soul (Mind, Will, Emotions)

- Spend Time Alone
- Read
- Practice Mindfulness
- Release Control
- Forgive Yourself
- Adopt God's Perspective
- Take Breaks from Phone

## Body

- Exercise
- Eat Healthy
- Get Enough Sleep
- Intentional Breathing
- Take Supplements/Medications
- Stay Hydrated
- Pay Attention to Body Cues



Did you know that you're a triune just like your Father, God? He is Father, Son, and Holy Spirit. You are a spirit, with a soul, inside of a body.