

Dreamline Self-Love Checklist

NAME

DATE

Body

- ☐ I drank enough water today
- ☐ I ate something nourishing and satisfying
- ☐ I moved my body in a way that felt good (walk, stretch, dance)
- ☐ I gave my body rest or stillness when it needed it
- ☐ I looked in the mirror and said one kind thing to myself

Mind

- ☐ I paused to take a deep breath
- ☐ I left myself feel without judgment
- ☐ I said "no" to something that didn't serve me
- ☐ I turned off something draining (social media, news, noise)
- ☐ I said "yes" to something just for me

Heart

- ☐ I forgave myself for something small
- ☐ I celebrated a tiny win
- ☐ I spent time doing something I loved (or tried something new)
- ☐ I told myself: *You are enough. Just as you are.*
- ☐ I wrote down one thing I'm grateful for

Connection

- ☐ I reached out to someone who lifts me up
- ☐ I spent a few minutes alone in quiet
- ☐ I did something that made me smile
- ☐ I placed a hand on my heart and listened
- ☐ I reminded myself: *I'm allowed to take up space.*

Reflection: What's one act of self-love I want to try tomorrow?

Your gentle guide to caring for yourself - mind, body, and spirit.
Start where you are. One checkmark at a time is enough.