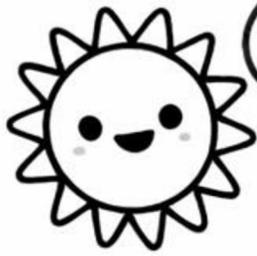


Cozy Self-Care Checklist

- Stretch gently
- Drink a warm beverage
- Open the curtains
- Make bed slowly
- Wash face
- 5 deep breaths
- Smile at yourself
- Write one gratitude
- Wear cozy outfit
- Listen to calming song



Cozy Self-Care Checklist

Wrap in blanket

Light a candle

Make tea / cocoa

Wear warm socks

Cuddle a pet

Warm shower / bath

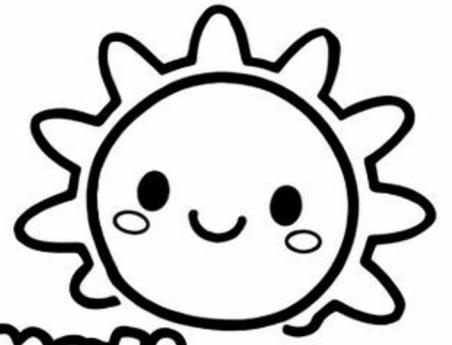
Brew second cup

Sit by sunny window

Sip slowly

Use scented lotion





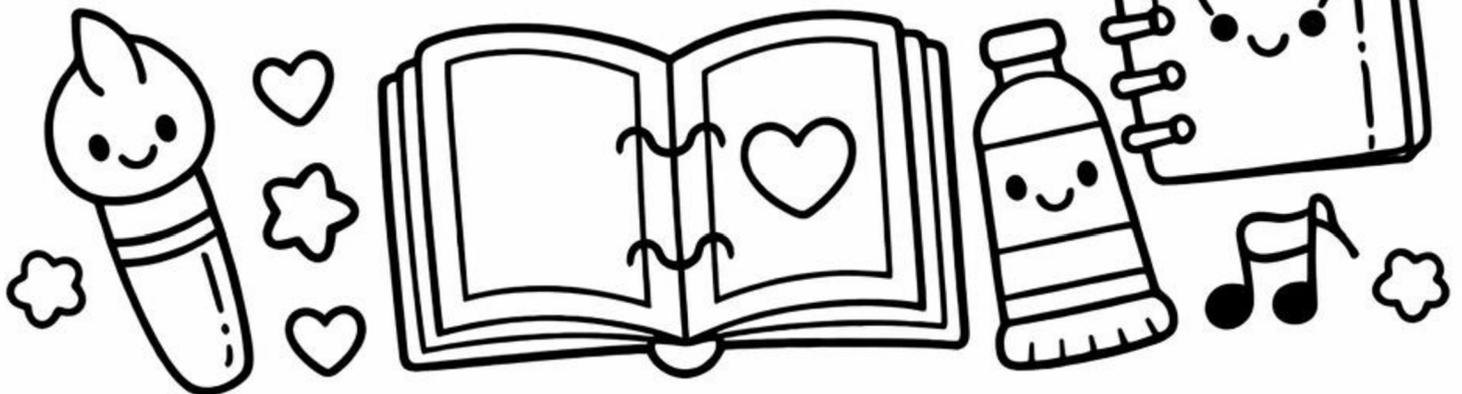
Mindfulness & Relaxation Checklist

- Close eyes 5 min
- Meditate
- Do gentle stretching
- Listen to relaxing music
- Watch clouds
- Journal thoughts
- Notice 3 senses
- Short walk outside
- Focus on posture
- Practice gratitude



Creative Moments — Checklist —

- Color a page
- Write short poem
- Hand lettering
- Draw a cozy scene
- Craft a gift
- Take a photo
- Make a playlist
- Rearrange small corner
- Watercolor or markers
- Decorate a notebook



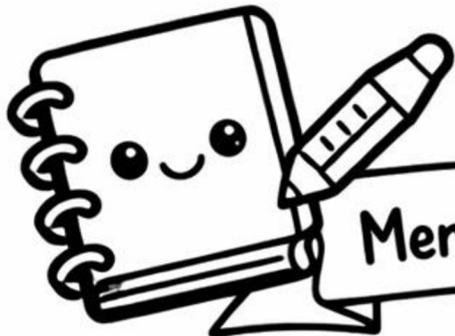
Cozy Self Care Checklist



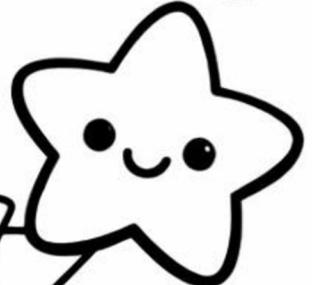
- Bake small treat
- Bake heart-shaped snack
- Try new tea / hot chocolate
- Slow breakfast
- Mindful snack
- Make smoothie
- Make warm soup
- Decorate plate with vegetables
- Eat without screens
- Drink water

Cozy Self-Care Checklist

– Page 6 of 10 –



Mental & Emotional Care



Write accomplishments



Say an affirmation



List joys



Reflect on a memory



Set small goal

Ask what I need



Rest guilt-free

Say no if needed

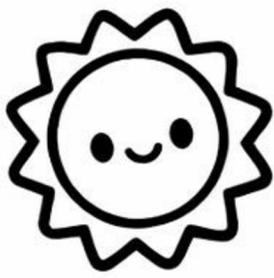


Forgive myself



Send a kind message





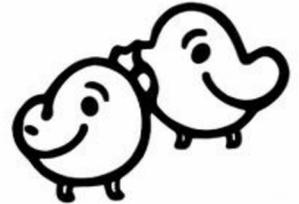
Cozy Self-Care Checklist



☾ Step outside & stretch



☾ Water a plant



☾ Mindful walk

☾ Observe the sky



☾ Listen to birds/wind



☾ Open a window



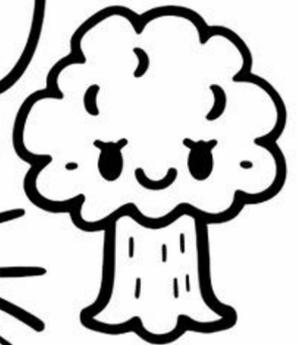
☾ Collect a leaf, rock, or flower



☾ Barefoot walk on grass



☾ Watch the sunrise/sunset



☾ Hug a tree





Cozy Self-Care Checklist

Page 8 of 10

Watch short show

Read book / magazine

Listen audiobook

Watch calming video

Save cozy Pinterest inspo

Podcast

Watch cute animal video

Sketch with music

Color mandala

Casual puzzle / game

Cozy Self-Care Checklist



Put on a face mask



Hand or Foot Massage



Brush or Comb Hair



Apply Lip Balm



Change into Pajamas



Soak Your Feet



Clean a Small Corner



Organize a Drawer



Fold Laundry Mindfully



Refresh Water Bottle



Little Joys & Treats

Light lamp or fairy lights



Listen to favorite song



Have a small treat



Take a short nap

Watch the stars



Hug someone or a plushie

Write 3 things you love about yourself



Dance in your room



Sit in silence



"Today was cozy"

