

# 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

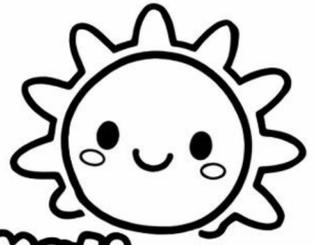
Brew second cup

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



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

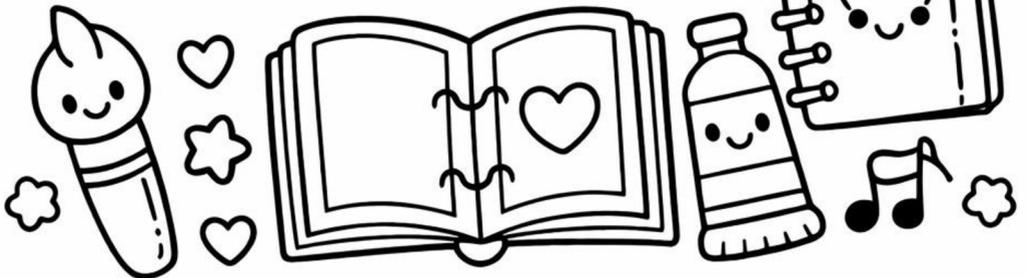
Take a photo

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

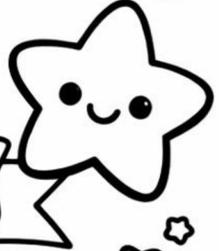


# Cozy Self-Care Checklist

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## 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





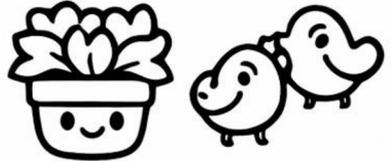
# Cozy Self-Care Checklist



☞ 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



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# Cozy Self-Care Checklist

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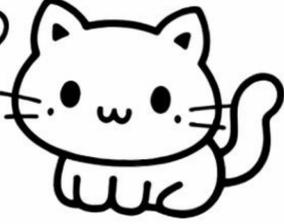
Watch short show   

Read book / magazine  

Listen audiobook   

Watch calming video  

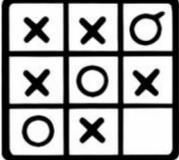
Save cozy Pinterest inspo 

Podcast  

Watch cute animal video 

Sketch with music  

Color mandala 

Casual puzzle / game    

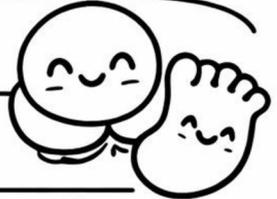
# Cozy Self-Care Checklist



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" 

