

Cozy Self-Care Checklist

Stretch gently

Drink a warm beverage

Open the curtains

Make bed slowly

Wash face

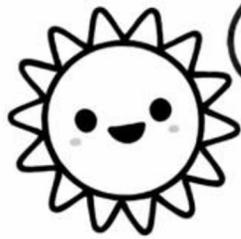
5 deep breaths

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

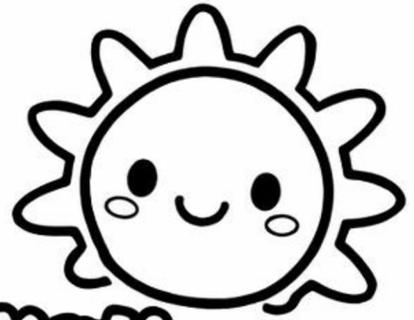
Brew second cup

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

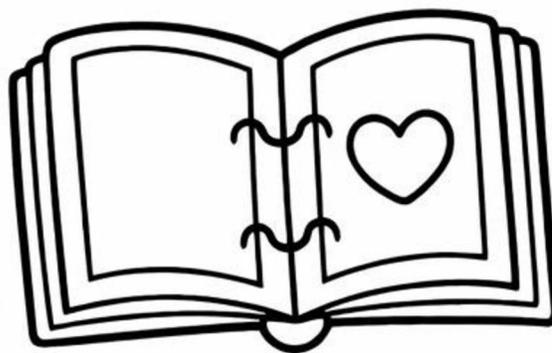
Take a photo

Make a playlist

Rearrange small corner

Watercolor or markers

Decorate a notebook



Cozy Self Care Checklist

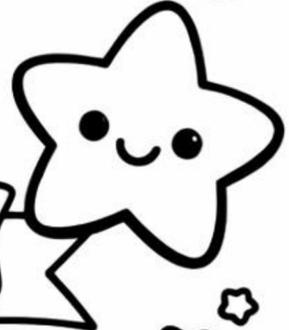


- Bake small treat
- Bake heart-shaped snack
- Try new tea / hot chocolate
- Slow breakfast
- Mindful snack
- Make smoothie
- Make warm soup
- Decorate plate with vegetables
- Eat without screens
- Drink water



Cozy Self-Care Checklist

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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 _____

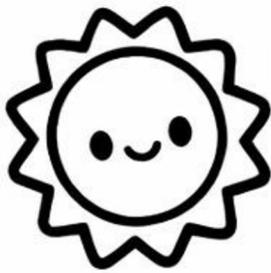
 Rest guilt-free _____

Say no if needed _____

 Forgive myself _____

Send a kind message _____





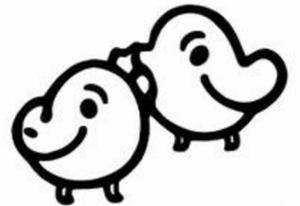
Cozy Self-Care Checklist



☾ 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

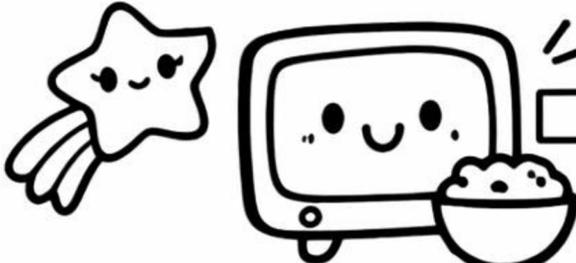


☾ Watch the sunrise/sunset

☾ Hug a tree



Cozy Self-Care Checklist

Watch short show 

Read book / magazine 

Listen audiobook 

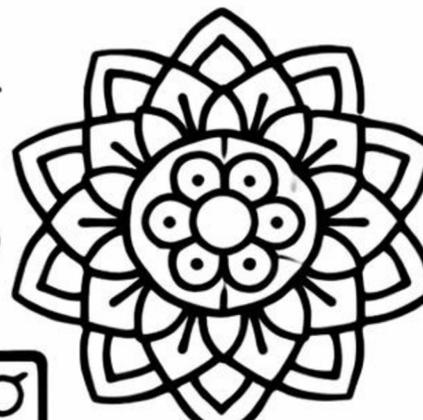
Watch calming video 

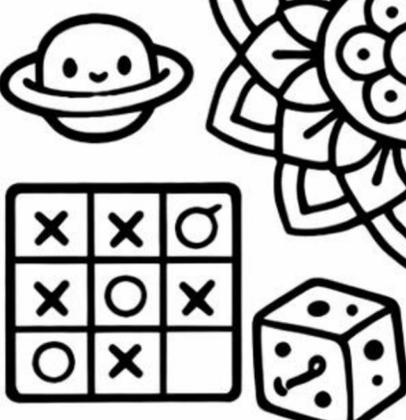
Save cozy Pinterest inspo 

Podcast 

Watch cute animal video 

Sketch with music 

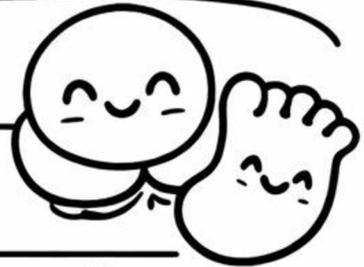
Color mandala 

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



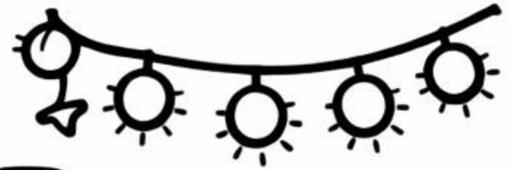
Fold Laundry Mindfully

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"

