

Self-Care Checklists

Self-Care x Strengths

For the 34 StrengthsFinder Themes

BY TRACEY GEE

Self-Care Checklists

INTRO

How To Utilize These Checklists

I created these checklists out of a deep conviction that self-care is essential and that truly nourishing self-care is more than bubble baths and face masks (even though I like those!).

These are meant to help you build self-care into your life in creative and meaningful ways. Most importantly, don't feel pressured by these. Go with what feels right for you.

Self-Care Checklist

ACHIEVER

Self-care is a chance to experience life in rest and work.

Put taking breaks on your to-do list.

Create a consistent bedtime routine.

Make a list of your favorite
restful activities.

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Self-Care Checklist

ACTIVATOR

Self-care is a chance to learn to slow down.

Take a walk.

Try a new-to-you way to do self-care.

Create purposeful experiences of slowing down physically or mentally.

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Self-Care Checklist

ADAPTABILITY

Self-care is a chance to find direction in flexibility.

Do self-care with a friend.

Set aside time but then be spontaneous with it.

Make a basket of self-care items (journal, book, tea, etc..) to choose from.

Self-Care Checklist

ANALYTICAL

Self-care is a chance to integrate your head with your body.

Read or research a topic of interest.

Do something purely for fun.

Intentionally practice listening to your body and what it's saying.

Self-Care Checklist

ARRANGER

Self-care is a chance to focus on yourself.

Ask yourself which of your five senses most helps you focus on you and your needs.

Create a fun way to connect with others.

Make improvements to your practical, day-to-day self-care.

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BELIEF

Self-care is a chance to invest in your foundation.

Clarify your core values about self-care.

Practice a hobby that's tactile in some way.

Do learning around the values and causes that are most meaningful to you.

Self-Care Checklist

COMMAND

Self-care is a chance to stay centered and clear.

Ask yourself what you would say to you if you were giving yourself self-care advice.

Connect with friends and loved ones.

Identify the most important spiritual self-care practice that you currently need.

Self-Care Checklist

COMMUNICATION

Self-care is a chance to receive the messages you need.

Play with creative ways of expression.

Practice some silence.

Engage with good stories and storytelling
i.e. through friends, a good show/movie, etc...

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COMPETITION

Self-care is a chance to be able to be your best.

Play your favorite game or sport.

Do something simply for the joy of it.

Practice affirming yourself and noticing which things help you develop an inner sense of value.

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CONNECTEDNESS

Self-care is a chance to connect with your source.

Practice yoga or another activity that helps you connect mind and body.

Treat your senses - flowers, a candle, or something beautiful to look at, smell, or taste.

Intentionally listen to your intuition.

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CONSISTENCY

Self-care is a chance to create sustainable rhythms.

Give yourself permission to break a "rule."

Create routines of self-care that are either daily, monthly, yearly, that suit you.

Engage in spiritual direction or another similar practice where you can really be listened to.

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CONTEXT

Self-care is a chance to understand your past to move forward.

Review old journals for insight.

Make a list of your favorite self-care experiences in the past and why.

Read a great book about your favorite period of history.

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DELIBERATIVE

Self-care is a chance to anticipate your growth needs.

Think through what risks a lack of self-care might pose for you..

Assess your current self-care practices and needs by reviewing the 7 types.

Try something new simply because it sounds freeing or fun.

Self-Care Checklist

DEVELOPER

Self-care is a chance to apply your love of potential to yourself.

Celebrate growth in yourself.

Identify an area of your life where you need the kind of patience you offer to others.

Cultivate a growth mindset for what kind of self-care helps you be at your best.

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DISCIPLINE

Self-care is a chance to design structure that helps you thrive.

Name your current favorite self-care routine.

Use a decluttering mindset toward your routines and identify which to keep, fix, or toss.

Write a personal rule of life.

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EMPATHY

Self-care is a chance to let your emotions speak and guide you.

Connect with your emotions through art.

Get regular and extended time alone to disconnect to the news and other people.

Learn about the emotion wheel to gain greater precision and clarity to describe emotions.

Self-Care Checklist

FOCUS

Self-care is a chance to allow your own soul to be your focus.

Create a monthly self-care plan.

Name the outcomes of healthy self-care that would be most motivating to you.

Clarify a self-care goal that supports an overall goal and your current season of life.

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FUTURISTIC

Self-care is a chance to invest in your future self.

Plan in self-care so you can look forward to it.

Engage with a somatic practice like breathing or yoga to ground you in the present.

Name what inspires you the most to invest in your own self-care.

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HARMONY

Self-care is a chance to integrate your needs and values.

Choose a place that feels calming for you and spend time there preferably alone.

Create a breathing or grounding practice for the times in your life when conflict arises.

Design a collective practice of self-care to do with your friends, roommates, family, or others.

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IDEATION

Self-care is a chance to refuel your creativity.

Make a list of 100 new-to-you ways to engage in self-care that might be meaningful.

Choose just one to try.

Brainstorm how you could care for yourself if you had 15 minutes, 2 hours, or 1 day.

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INCLUDER

Self-care is a chance to embrace yourself as you do others.

Learn about the different types of self-care
(physical, emotional, spiritual, sensory,
practical, relational, & intellectual).

Include one type that you've not utilized before.

Write out a liturgy, prayer, or poem on the
radical inclusivity of God.

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INDIVIDUALIZATION

Self-care is a chance to care for your unique needs.

Give yourself permission to let go of a practice that works for someone else but doesn't work for you.

Customize a self-care practice that fits the season you're currently in.

Ask friends what their favorite self-care practice is and use your strength to figure out why.

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INPUT

Self-care is a chance to gather resources you need to thrive.

Invest in some tangible items that help you engage in self-care.

Share a self-care resource with your friends.

Learn something (read, listen, do, etc..) that connects to a passion or interest.

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INTELLECTION

Self-care is a chance to go deep to recharge.

Make a list of the types of topics that you enjoy thinking deeply about the most.

Get time alone to think on a regular basis.

Find others who enjoy thinking about similar topics as you do and find ways to dialogue with them.

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LEARNER

Self-care is a chance to apply your curiosity to your growth.

Make time to learn something new such as a new recipe, skill, or hobby.

Learn about the 7 different types of self-care.

Reflect on what kinds of self-care tends to be most energizing and why that might be true.

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MAXIMIZER

Self-care is a chance to be able to be at your best.

Take a self-care practice that is already working pretty well and make it 3x better.

Allow yourself to be okay with "good enough" sometimes.

Identify which self-care categories/practices give you the best return on investment.

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POSITIVITY

Self-care is a chance to create space to be fully alive.

Create ways to connect with others in some of your favorite ways to have fun.

Get space from negativity as needed.

Engage with a spiritual practice that lets you grieve or lament the things that aren't positive.

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RELATOR

Self-care is a chance to be seen and known deeply.

Relational self-care is an important category for all but especially so for you.

Get creative with ways to connect with your people in meaningful ways.

If you feel stuck because of the challenges or barriers to getting that time, ask for help.

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RESPONSIBILITY

Self-care is a chance to own your care holistically.

Think of your self-care as one of your responsibilities and treat it with the care that you would with the other things you do.

Do something just because it brings you joy.

Periodically assess how much you're taking on your plate to make sure it's not too much.

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RESTORATIVE

Self-care is a chance to let yourself be flawed but loved.

Be aware of how this strength can sometimes create a harsh inner voice of self-criticism.

Solve a problem that bugs you in day to day.

Practice gratitude or keeping track of things that you are proud of. Problems will always exist but make sure you celebrate yourself too.

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SELF-ASSURANCE

Self-care is a chance to strengthen your inner compass.

Trust your sense of what kind of self-care you need for your stage of life.

Spend time in nature.

Make sure some of your self-care is given to things you can do completely solo.

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SIGNIFICANCE

Self-care is a chance to invest in your long-term impact.

Ask people close to you for words of blessing - a way that they have seen you grow, are encouraged by you, or a Scripture.

Offer those kinds of blessings to others too.

Invest in art, objects, or experiences that remind you the kind of legacy you want to have.

Self-Care Checklist

STRATEGIC

Self-care is a chance to map out creative possibilities for growth.

Create both structure and flexibility
in your self-care practices.

Embrace desire-based goals for yourself.

Decide what kind of outcomes you need out of
self-care and let your strength help you
generate all the possible ways to get there.

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WOO

Self-care is a chance use connection to nurture yourself.

Express yourself through something creative like painting or music.

Join a class or group experience.

Utilize meditation, solitude, or another self-care practice that helps you be quiet and just listen to yourself.

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Let me know if you have any questions.
You can message me on Instagram.

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