

The Self-Care Checklist

Maintenance for the hull — not a reward for surviving the storm.

Self-care has been sold as candles and treats. Most of it is closer to boat maintenance: unglamorous, regular, and the reason you stay seaworthy. The items below are the basics that quietly hold everything else up. Print this, stick it somewhere visible, and treat it like a pre-sail check — not a scorecard.

Daily — the hull

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| ☐ Slept close to a full night (or protected the chance to) | ☐ Ate actual meals, mostly at actual times |
| ☐ Drank water before the third coffee | ☐ Went outside at least once |
| ☐ Moved — a walk counts, stairs count | ☐ Some time with no screen in reach |

Weekly — the rigging

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| ☐ Real contact with someone who matters (not just messages) | ☐ One honest look at the calendar before it happens to you |
| ☐ Time outdoors long enough to notice the weather | ☐ Something finished that's been nagging |
| ☐ Something done purely because you enjoy it | ☐ Rest that was chosen, not collapsed into |

Monthly — the survey

- ☐ Appointments booked that you've been deferring — doctor, dentist, the overdue haircut
- ☐ Ten minutes with the money: what's coming in, what's leaking out
- ☐ One corner of the house or desk decluttered — the one that steals attention every time you pass it
- ☐ A look back: what drained the tank this month, and what refilled it?

My non-negotiables

The two or three that keep *you* steady, in your own words. When a week goes sideways, these are what you defend first.

You will not tick every box every day — that isn't the point. The point is knowing which boxes have gone unticked for three weeks straight. That's not a character flaw; it's a maintenance backlog, and backlogs get worked one item at a time.