

# HOMESCHOOLING

## Parent Self-Care and Sanity Checklist



You can't pour from an empty cup. Taking care of you helps you show up with more patience, joy, and presence for your family.

WEEK OF: \_\_\_\_\_

MY INTENTION FOR THIS WEEK: \_\_\_\_\_



### PHYSICAL CARE

- ☐ I drank enough water
- ☐ I ate nourishing meals
- ☐ I got enough sleep
- ☐ I moved my body
- ☐ I took breaks when needed

Notes: \_\_\_\_\_

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\_\_\_\_\_



### MENTAL & EMOTIONAL WELL-BEING

- ☐ I took time to breathe
- ☐ I released what I can't control
- ☐ I practiced gratitude
- ☐ I said no to something that wasn't essential
- ☐ I gave myself grace

Notes: \_\_\_\_\_

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### PERSONAL TIME & JOY

- ☐ I did something I enjoy
- ☐ I spent time on a hobby
- ☐ I read or listened to something uplifting
- ☐ I had unhurried time
- ☐ I laughed today

Notes: \_\_\_\_\_

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### CONNECTION

- ☐ I connected with my spouse or partner
- ☐ I spent quality time with my kids
- ☐ I talked to a friend or encouraging person
- ☐ I was part of a community (or online group)

Notes: \_\_\_\_\_

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### HOME & ENVIRONMENT

- ☐ I focused on progress, not perfection
- ☐ I let something go
- ☐ I created a calm space
- ☐ I simplified or decluttered a little
- ☐ I followed a routine that supports our family

Notes: \_\_\_\_\_

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### SPIRITUAL CARE

- ☐ I spent time in prayer or meditation
- ☐ I read or listened to encouraging truth
- ☐ I reflected on my purpose
- ☐ I surrendered my worries to God
- ☐ I felt His presence today

Notes: \_\_\_\_\_

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*Remember:*

Some days will be harder than others, and that's okay.  
You are doing better than you think.  
Be kind to yourself. You matter.

ONE WIN I'M PROUD OF:

\_\_\_\_\_  
\_\_\_\_\_