

~Self-Care Depression Checklist~

Write and do one thing daily
to increase your sense
of **satisfaction,**
relief, and
wonder.

Sunday

Satisfaction:

Relief:

Wonder:

Wednesday

Satisfaction:

Relief:

Wonder:

Friday

Satisfaction:

Relief:

Wonder:

Monday

Satisfaction:

Relief:

Wonder:

Thursday

Satisfaction:

Relief:

Wonder:

Saturday

Satisfaction:

Relief:

Wonder:

Tuesday

Satisfaction:

Relief:

Wonder:

