

## Faith-Based Self-Care Checklist

*Gentle daily reminders to nurture your spirit, mind, and body.*

**Purpose:** Self-care isn't selfish—it's stewardship. As Christian men, taking care of your body, mind, and spirit allows you to show up with strength and peace for the people God's placed in your life. *Use this checklist to build a daily rhythm of holy wellness.*

### ☀ Morning: Start Strong

#### ✓ **Spend time in Scripture**

Read or listen to at least one verse. Let God's Word shape your perspective.

#### ✓ **Pray with purpose**

Invite God into your day. Ask for guidance, protection, and a peaceful spirit.

#### ✓ **Move your body**

Stretch, walk, or work out. Physical movement fuels clarity and energy.

#### ✓ **Nourish well**

Eat something that fuels your body, not just fills it. Say a blessing over it.

### 🕒 Midday: Stay Aligned

#### ✓ **Take a peace break**

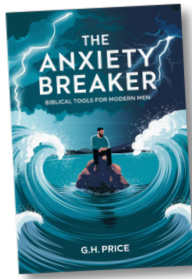
Pause. Breathe deeply. Pray or repeat a breath prayer. "Jesus, be my calm."

#### ✓ **Connect with someone**

Send a text, voice message, or encouragement to a friend, brother, or mentor.

#### ✓ **Hydrate with intention**

Drink water—staying hydrated is part of honoring the body God gave you.



# Faith-Based Self-Care Checklist

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## **Evening: Reset and Release**

### ☒ **Reflect on the day**

Where did God show up today? What made you smile? What burden can you release?

### ☒ **Pray before sleep**

Thank God. Lay down your worries. Ask Him to speak to you in rest.

### ☒ **Rest without guilt**


Unplug, unwind, and allow yourself to sleep—trusting that God is still working.

## **Personalize Your Routine**

**Add 1–2 custom self-care actions that help you recharge while honoring God.**

1. \_\_\_\_\_

2. \_\_\_\_\_

 *Remember: Caring for yourself is not weakness—it's preparation. **Even Jesus rested. So should you.***