

Welcome to Your Self-Care Checklist!

I'm so glad you're here. This checklist was created to help you:

- Build simple, mindful habits
- Make self-care part of your everyday routine
- Feel more balanced and empowered

Inside, you'll find multiple formats so you can use it however you like — printable PDFs, a digital-friendly PNG, and an editable Canva template you can customize.

Choose the version that works best for you, and start checking off your self-care wins!

With love + encouragement,

Neeta

Founder, Designs By Neeta

A Signature Brand Of Neeta Weez



How to Use Your Self-Care Checklist

Thank you for downloading the Self-Care Checklist! Prioritizing yourself is a powerful act of love, and this tool was created to help you make self-care a simple daily habit.

What's Included:

- US Letter PDF (8.5" x 11") (non-editable)— ready to print at home or send to your local print shop
- Digital PNG file — perfect for use in digital planners (non-editable)
- Editable Canva Template — customize fonts, colors, and text to make it your own

How to Print (PDF):

- Open the included PDF file
- Select “Actual Size” or “100%” in your printer settings (do not “fit to page”)
- For best results, use high-quality paper (optional but recommended)

How to Access Your Canva Template:

- Click the Canva link provided
- Make a copy to your own Canva account so you can fully customize your design

Tips for Use:

- Print as many copies as you'd like for personal use
- Use colorful pens, stickers, or highlighters to make tracking fun
- Consider laminating one copy and using a dry-erase marker to reuse it daily

Please Note

This checklist is for **personal use only**. Please do not share, resell, or redistribute files. Thank you for respecting my work and supporting women-owned creativity!

Bonus for Digital Planner Users:

- Upload the PNG file into apps like GoodNotes, Notability, or Zinnia.
- Resize and use it like a digital sticker or planner insert for easy daily check-ins.

Download Your Files

Here are your Self-Care Checklist formats — choose the one that works best for you:

- Printable PDF (US Letter, 8.5” x 11”) (non-editable)

→ [Click here to download](#)

- Digital PNG file (non-editable)

→ [Click here to download](#)

- Editable Canva Template

→ [Click here to download](#)

💡 **Tip:** Be sure to download and save these files to your computer so you always have access!

Need Help?

Email: designs@neetaweez.com

