

Gluten-Free Self Care Checklist

Daily & Weekly Self-Care Goals



- Identify and prepare 3 go-to gluten-free meals for busy days.
- Dedicate 10 minutes daily to mindfulness exercises, such as deep breathing or yoga.
- Create a positive environment with comforting items like candles, music, or books.
- Schedule a weekly moment of joy, like a nature walk, journaling, or connecting with a friend.
- Bookmark 5 gluten-free dining or shopping options to minimize meal stress.
- Review progress weekly and adjust self-care strategies as needed.
- Stay hydrated and eat balanced, nutrient-dense meals.
- Practice gratitude by noting 3 positive moments each day.

"Self-care is giving the world the best of you, instead of what's left of you."
(Katie Reed)

