



# Body & Psyche Sanctuary: Self-Care Checklist

Georgette Star MA,  
D.Min



# Introduction.

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Creating sanctuary within yourself is a sacred act. It's about cultivating a state of harmony in your body, mind, heart, and soul—a space where peace, vitality, and inspiration can flourish. Use this checklist to nurture your whole being and transform your self-care routine into a sanctuary-building ritual.

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## Body Sanctuary: Nourish Your Physical Temple

- **Hydrate with intention:** Begin your day with a full glass of water, visualizing it refreshing and cleansing your body.
  - **Move with love:** Take a walk, stretch, or dance to awaken the energy within.
  - **Nourish with care:** Prepare a vibrant, healthy meal that feels like a gift to your body.
  - **Rest deeply:** Schedule time to rest or nap, allowing your body to regenerate.
  - **Declutter your body space:** Take a long bath or shower to cleanse and renew, imagining tension and stagnant energy washing away.
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## Mind Sanctuary: Clear and Inspire

- **Gratitude journaling:** Write down three things you're grateful for to center your mind on positivity.
  - **Clear mental clutter:** Spend five minutes organizing a cluttered space, symbolizing clarity in your thoughts.
  - **Mindful focus:** Practice a simple breathing exercise, focusing on the present moment.
  - **Say no with purpose:** Let go of one task or commitment that feels overwhelming, creating mental space.
  - **Read for inspiration:** Choose a book or article that uplifts and expands your thinking.
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## Heart Sanctuary: Open and Connect

- **Connect with loved ones:** Call or write to someone you care about, sharing love and appreciation.
- **Tune into your emotions:** Spend a few minutes journaling about how you feel, without judgment.
- **Create a heart altar:** Arrange a small space with objects that remind you of love, joy, and connection.
- **Laugh freely:** Watch something that makes you laugh and feel lighter.
- **Give kindness:** Perform a small act of kindness for someone else, creating a ripple of love.



### Soul Sanctuary: Expand and Align

- **Meditate or pray:** Spend time in stillness, connecting with your inner self and higher guidance
  - **Set intentions:** Light a candle or hold a crystal as you set a powerful intention for your day or week
  - **Engage in creative play:** Paint, write, sing, or craft—let your soul express freely.
  - **Step into nature:** Spend time outdoors, allowing the beauty of the natural world to restore your spirit.
  - **Sacred reflection:** Before bed, reflect on one moment of joy, growth, or connection from your day.
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### Creating Sanctuary Daily: A Simple Ritual

- Choose one small act each day that brings your body, mind, heart, or soul closer to harmony.
  - Set an intention: "As I care for myself, I create a sanctuary where peace and inspiration flow freely."
  - Reflect on how each act of care helps you feel more grounded, present, and aligned.
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**Sanctuary isn't a place—it's a state of being. With each small step, you cultivate a sense of sacredness within yourself, allowing your inner sanctuary to radiate into every aspect of your life.**

