

THE MUSIC EDUCATOR'S SELF-CARE CHECKLIST 12 MONTHS



Month 1: Physical Health Reset

- Establish healthy sleep habits
- Improve hydration and nutrition
- Begin light physical activity
- Reduce unhealthy daily habits
- Track energy levels and physical wellness

Month 2: Stress Awareness & Management

- Identify stress patterns and triggers
- Practice mindfulness or breathing exercises
- Create daily stress-reduction habits
- Begin reflective journaling
- Develop healthy emotional coping strategies

Month 3: Building Sustainable Routines

- Create structured morning and evening routines
- Improve daily consistency and organization
- Practice pacing to prevent burnout
- Set realistic productivity goals
- Prioritize rest alongside responsibilities

Month 4: Establishing Boundaries

- Strengthen personal boundaries
- Reduce overcommitment
- Protect personal time and mental space
- Create healthier technology habits
- Practice saying no without guilt

Month 5: Social Connection & Community

- Strengthen healthy relationships
- Build supportive connections
- Increase communication and collaboration
- Participate in meaningful social activities
- Ask for support when needed

Month 6: Alignment & Reflection

- Evaluate progress and growth
- Identify strengths and challenges
- Adjust routines for sustainability
- Reflect on emotional and mental wellness
- Set goals for the next phase of growth

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Month 7: Emotional Resilience

- Practice emotional awareness
- Strengthen coping strategies
- Develop healthier responses to stress
- Prioritize emotional recovery

Month 8: Physical Health Optimization

- Improve exercise consistency
- Refine nutrition habits
- Focus on long-term physical wellness goals
- Prioritize recovery and rest

Month 9: Mental Clarity & Mindfulness

- Practice mindfulness regularly
- Reduce mental clutter and distractions
- Strengthen focus and self-awareness
- Continue journaling or reflection practices

Month 10: Creativity & Joy-Based Self-Care

- Reconnect with hobbies and creativity
- Schedule activities that bring joy
- Reduce routines that feel emotionally draining
- Prioritize personal fulfillment

Month 11: Reinforcing Healthy Habits

- Review progress from earlier months
- Strengthen routines that support wellness
- Focus on consistency and balance
- Identify habits that have become automatic

Month 12: Long-Term Sustainability & Reflection

- Reflect on the full year of growth
- Identify long-term lifestyle changes
- Create a sustainable self-care maintenance plan
- Celebrate accomplishments and progress
- Set future wellness and personal growth goals