



# Caregiving Daily Strength Checklist



## Breathe + Pray

- “Lord, give me strength for this day.”



## Speak One Kind Thing to Yourself

- Because grace starts with you.



## Do One Thing at a Time

- You do not have to carry the whole day at once.



## Hydrate + Eat Something Nourishing

- Your body matters in this ministry.



## Step Outside for 3–5 Minutes

- Fresh air resets the soul.



## Ask for Help if You Need It

- You were not created to do this alone.



## Notice One Small Good Moment

- A smile, a warm light, a quiet breath.



## Release What You Can't Control

- God is holding the pieces you can't fix.



## Speak Love, Even When It's Hard

- Small acts of tenderness matter deeply.



## End the Day with Gratitude

- “God, thank You for carrying me through.”