



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.”