

# Self-care idea list

- Schedule some of the things on this list IN your planner, yes, write them down
- Meditate on a Bible Verse for 5-10 Minutes a Day
- Try Morning Godfirmations
- Always make your bed in the morning first thing
- Drink half your body weight in oz of water
- Write down five things you're grateful for every night.
- Do at least a dozen jumping jacks
- Get a spray tan in the winter
- Listen to podcasts that encourage you to take care of yourself
- Try a Zumba class or Kickboxing or anything you've never tried before
- Play a board game with friends or family
- Rent a paddleboat, canoe, or kayak and enjoy an hour on the water
- Sit down at the table to eat breakfast every morning
- Spend 10 to 15 minutes reading before bed at night
- Light a beeswax candle at the end of the day while you chill
- Give yourself a phrase like, "I am doing the best I can" and say it to yourself when the negative thoughts come to you
- Listen to audiobooks frequently
- Do karaoke with your friends
- Write a letter to someone just because
- Take a dance class, or do something else outside your comfort zone
- Watch something hilarious
- Keep a special lotion and Use it on your hands often

## 2- Self-care idea list

Write down something you like about yourself

Cook at least one meal for yourself every day

Take a walk no matter what the weather

Get up 15 minutes earlier for some "me time."

Spend 15 minutes each day organizing one thing, don't go overboard, just 15 minutes a day and use a timer

Follow the Ultimate Skincare Routine at least a few times each week

Go on a little bike ride

Send a care package to someone you love who lives far away

Perform Random acts of kindness (put change in the expired meter of that car parked next to yours!)

Eat your vegetables each day

Buy a Crossword or Sudoku Puzzle book and do one per week

Learn to use a foam roller to work out the kinks

Text a friend just to say hi

Floss your teeth

Lock your bedroom door, turn up the music and have a Dance Party

Learn something new, a skill, craft, or hobby

Spend 15 minutes listening to your favorite music or make a playlist of your five favorite songs on Spotify

Sit in nature without looking at your phone

Spend time with your pet

Take a bubble bath

Watch funny YouTube videos

# 3 - Self-care idea list

- Facetime a friend or family member; it doesn't have to be long, just say "I wanted to see your face!"
- Watch the sunset or sunrise as often as you can
- Take a picture of something that makes you happy then print it out.
- Take a catnap for 15-20 minutes
- Keep a journal of stuff that made you laugh
- Do a page in a coloring book for 10 minutes at least.
- Sweat it out in a sauna
- Look up quotes from people you respect
- Have tea time each afternoon where you sit with tea and a little snack for 10-15 minutes
- Write yourself a pep-talk note to read when you wake up tomorrow
- Spend a day without makeup when you know you'll be home all day
- Write a Thank You note for the least things
- Regularly donate items from your home as you declutter
- Knit, crochet, cross-stitch, needle punch, woodworking, painting - all relaxing hobbies.
- Soak your feet in Epsom salts with a drop of your favorite essential oil
- Give yourself foot massage with your body butter
- Stretch in the mornings or on your break
- See if you like Yoga; if so, try to go more often
- Learn a new word at least once per week and use it
- Eat meals at your table, no phones allowed
- Go for a walk without your phone
- Go swimming and relax, nap by the pool if you can

# 4 - Self-care idea list

Drink a green smoothie with mostly leafy greens and a bit of fruit

Do a television fast

Shoot for 10,000 steps every day

Practice breathing in for 8, hold for 8, out for 8

Clean an area you've been neglecting in your house

Bake something healthy and share it with your neighbors

Give yourself credit for the nice things you do

Keep a "done-did" list ;) things you already did that day instead of a "to-do" list

Do a television fast

Make the switch to natural/non-toxic household cleaners

Eat leafy greens with each meal

Make and follow a budget

Take a one tank road trip for no reason other than exploring

Visit a new coffee shop

Only drink coffee before noon each day

Check out a local small business

Spend time in a park

Frequent your local library

Delegate tasks when appropriate

Watch a chick flick with your girlfriends

Drink sparkling water instead of soda

Keep a food journal (Cronometer or Myfitnesspal)

Sing out loud

Turn off all electronics after 7 pm as a daily habit

Write down your negative thoughts on paper then cross them all out with a black sharpie

# 5 - Self-care idea list

- Set a timer for 15 minutes and indulge in Pinterest
- make an idea list and add to it frequently
- Take a book to the park and read for half an hour
- Go to bed and get up at the same time every day
- Practice daily skin brushing
- Try acupuncture
- Kick the sugar habit
- Read an inspiring blog each day
- Keep a "want to read" list on Good Reads
- Pack your lunch after dinner, so you'll have it ready tomorrow
- Say no when you need to say no without feeling the need to explain yourself
- Visit the farmer's market
- Go to the movies alone
- Eat probiotic foods daily
- Decide on three healthy breakfasts and rotate them to remove the decision fatigue first thing in the morning
- Clean the kitchen at night, so you wake up to a sparkling kitchen each morning
- Don't spend too much time on the internet at the end of the day
- Use a diffuser to inhale a smell such as invigorating peppermint or mood-boosting citrus oils
- Unfollow negative people on social media
- Lie on a blanket and watch the clouds like you did when you were a kid
- Ask for help when you need it
- Don't forget to set the coffee pot for the next day
- Know why you got online, do it and get back off

# 6 - Self-care idea list

Be spontaneous sometimes

Make an apple cider salad dressing; it's good for your health

Talk to yourself the way you talk to your best friend

Experiment with different forms of exercise till you find what you love, then stick with it

Start replacing some of the items you buy from the produce section with an organic option

Eat more fiber foods

Sit on your porch or patio

Splurge on yourself a little sometimes

Buy yourself a bouquet of flowers