



Self-Care Ideas List

What sounds good to you today?

- | | |
|--|---|
| <input type="checkbox"/> Do some yoga | <input type="checkbox"/> Listen to your favorite music |
| <input type="checkbox"/> Go for a walk in nature | <input type="checkbox"/> Take a break from social media |
| <input type="checkbox"/> Get a massage | <input type="checkbox"/> Journal in a notebook |
| <input type="checkbox"/> Sit in the sunlight | <input type="checkbox"/> Pick up a book |
| <input type="checkbox"/> Practice some meditation | <input type="checkbox"/> Make your home feel more like a retreat |
| <input type="checkbox"/> Plan a week of healthy meals | <input type="checkbox"/> Grab your favorite essential oils |
| <input type="checkbox"/> Grab a big glass of water | <input type="checkbox"/> Create your own spa day at home |
| <input type="checkbox"/> Pamper yourself with the perfect bath | <input type="checkbox"/> Begin a new creative project |
| <input type="checkbox"/> Get a better nights sleep | <input type="checkbox"/> Make music with an instrument |
| <input type="checkbox"/> Take a deep breath | <input type="checkbox"/> Be more efficient with your daily to-do list |
| <input type="checkbox"/> Do something creative | <input type="checkbox"/> Do a social media detox |
| <input type="checkbox"/> Try a new face mask | <input type="checkbox"/> Open a window for fresh air |
| <input type="checkbox"/> Create a Pinterest board | |



Self-Care Ideas List

You get to decide

- | | |
|--|---|
| <input type="checkbox"/> Create a vision board | <input type="checkbox"/> Make a small garden |
| <input type="checkbox"/> Join a book club | <input type="checkbox"/> Read a good book in a hammock |
| <input type="checkbox"/> Add self-care on a regular basis to your day | <input type="checkbox"/> Take an online quiz |
| <input type="checkbox"/> Create a ritual in your morning routine | <input type="checkbox"/> Take a friend to lunch |
| <input type="checkbox"/> Set a boundary | <input type="checkbox"/> Pull up some Ted talks on your phone |
| <input type="checkbox"/> Practice having a positive mindset | <input type="checkbox"/> Go see a good movie |
| <input type="checkbox"/> Go for a bike ride | <input type="checkbox"/> Check out a new restaurant |
| <input type="checkbox"/> Watch your new favorite TV show | <input type="checkbox"/> Learn self-love and self-care |
| <input type="checkbox"/> Spend quality time with a family member | <input type="checkbox"/> Plan your next vacation |
| <input type="checkbox"/> Do something positive for your physical health | <input type="checkbox"/> Go through some old photos |
| <input type="checkbox"/> Challenge yourself to buy things for a healthy meal | <input type="checkbox"/> Make sure you are getting vitamins |
| <input type="checkbox"/> Visit your local library | <input type="checkbox"/> Have a self-care day |
| <input type="checkbox"/> Think of new healthy habits | |



Self-Care Ideas List

Inspiration when you need it

- | | |
|--|--|
| <input type="checkbox"/> Incorporate stretching into your daily life | <input type="checkbox"/> Buy more time in your day |
| <input type="checkbox"/> Take a free online class | <input type="checkbox"/> Practice stress relief |
| <input type="checkbox"/> Practice saying some positive affirmations | <input type="checkbox"/> Use a self-care app like Calm |
| <input type="checkbox"/> Do some seasonal self-care | <input type="checkbox"/> List your favorite self-care products |
| <input type="checkbox"/> Find some new tools to make life easier | <input type="checkbox"/> Plan a Momcation |
| <input type="checkbox"/> Create a Happy List | <input type="checkbox"/> Take care of your physical health |
| <input type="checkbox"/> Decide to choose happy today | <input type="checkbox"/> Have a plan for getting dressed everyday (capsule wardrobe) |
| <input type="checkbox"/> Listen in to your positive or negative thoughts | <input type="checkbox"/> Learn how to express yourself in various ways |
| <input type="checkbox"/> Subscribe to a self-care box | <input type="checkbox"/> Plan a retreat for you |
| <input type="checkbox"/> Use a self-care planner | <input type="checkbox"/> Find out more about the 7 Self-Care Areas |
| <input type="checkbox"/> Design your own self-care box | <input type="checkbox"/> Develop your self-growth muscle |
| <input type="checkbox"/> Spend time with your pet | <input type="checkbox"/> Give yourself a good laugh |
| <input type="checkbox"/> Discover a new hobby | |



Self-Care Ideas List

Plan small time increments to begin

- | | |
|---|---|
| <input type="checkbox"/> Go on a "Feel Good Diet" | <input type="checkbox"/> Experience some wonder in your life |
| <input type="checkbox"/> Try a new recipe for a smoothie | <input type="checkbox"/> Try a mood shifter |
| <input type="checkbox"/> Work on your confidence | <input type="checkbox"/> Get on a consistent sleep schedule |
| <input type="checkbox"/> Practice being grateful | <input type="checkbox"/> Give yourself permission to do what you want to do |
| <input type="checkbox"/> Look your best every day | <input type="checkbox"/> Set aside some "you time" everyday |
| <input type="checkbox"/> Make time to find time to do what you want | <input type="checkbox"/> Add more fun to your life |
| <input type="checkbox"/> Rid yourself of phone distractions | <input type="checkbox"/> Just breathe |
| <input type="checkbox"/> Find time to relax even when overwhelmed | <input type="checkbox"/> Celebrate yourself and other women |
| <input type="checkbox"/> Be generous with yourself | <input type="checkbox"/> Encourage another woman to take care of themselves |
| <input type="checkbox"/> Let yourself play | <input type="checkbox"/> Have fun as a way of practicing self-care |
| <input type="checkbox"/> Learn more about yourself | <input type="checkbox"/> Practice extreme self-care for rough times |
| <input type="checkbox"/> See if you can catch any negative thought patterns | <input type="checkbox"/> Self-Care gifts for you and a friend |
| <input type="checkbox"/> Find even more ideas on loveselfcare.com | |