

# 40

# SELF CARE

## Idea list

YOU CAN'T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF!  
HERE IS A LIST OF SELF CARE IDEAS TO TRY. MAKE IT A HABIT.

1. MEDITATE
2. 5 MINUTES OF QUIET TIME (INCREASE OVER TIME)
3. JOURNAL
4. WORKOUT
5. TAKE A WALK
6. GET YOUR HAIR DONE
7. GET YOUR NAILS DONE
8. SOAK YOUR FEET
9. DIY SPA DAY
10. READ A BOOK
11. DO A CRAFT / HOBBY
12. GO GET COFFEE NOT AT HOME
13. GO OUT WITH FRIENDS
14. LUNCH AT YOUR FAVORITE PLACE
15. LISTEN TO MUSIC
16. LISTEN TO A PODCAST
17. PLANT FLOWERS/ START A GARDEN
18. EAT HEALTHILY
19. DRINK WATER
20. TALK TO A FRIEND
21. SEE A DOCTOR (IF YOU NEED TO)
22. ASK FOR HELP
23. HAVE AN ACCOUNTABILITY PARTNER
24. LEARN SOMETHING NEW
25. GO TO A PARTY
26. BUY NEW UNDERGARMENTS
27. BUY A NEW QUALITY PILLOW
28. READ INSPIRATIONAL QUOTES
29. DE-CLUTTER
30. SLEEP FOR AT LEAST 8 HRS
31. HAVE A PJ DAY
32. TAKE A LONG BATH
33. TAKE YOUR VITAMINS
34. PAY YOURSELF A COMPLIMENT
35. TAKE A SELFIE & ADMIRE YOUR BEAUTY
36. DANCE AROUND LIKE NO ONE IS WATCHING
37. PLAN SOME TIME AWAY
38. IT IS OK TO SAY "NO"
39. ORDER TAKE OUT
40. REMOVE NEGATIVITY FROM YOUR LIFE

# SELF CARE

## *Weekly to do*

MAKE TAKING CARE OF YOURSELF A HABIT.

### PHYSICAL SELF CARE


### MENTAL SELF CARE


### EMOTIONAL SELF CARE


# SELF CARE

## Plan for the week

SET ASIDE 20 MINUTES FOR YOU

Monday

TAKE 20 MINUTES AND HAVE A CUP OF COFFEE

Tuesday

TAKE A WALK

Wednesday

LISTEN TO MUSIC

Thursday

READ A BOOK

Friday

POWER NAP

Saturday

TAKE A SCENIC DRIVE

Sunday

YOGA

# SELF CARE

## Plan For The Day

MY NAME: \_\_\_\_\_

TODAY IS: \_\_\_\_\_

SELF CARE ACTIVITY: \_\_\_\_\_

TIME SPAN: \_\_\_\_\_

### LET'S MAKE THIS MINDFUL. BE PRESENT!

Pick an activity for the day. Note how many minutes you will devote to it in the above section. Keep yourself accountable. Rise and Repeat daily!

TAKE A NAP

START A NEW HOBBY

READ A BOOK

RELAXING BATH

CATCH UP WITH A FRIEND

GO FOR A WALK

SALON/PAMPER-NAIL/HEAR

ENJOY A TREAT

YOGA/MEDITATION

GYM/ WORKOUT

GRATITUDE JOURNAL

WATCH A FAVORITE SHOW