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## Self-Care Ideas

- 1 Let go of perfectionism
- 2 Reassess your priorities
- 3 Amend your diet.
- 4 10-Minute Exercise Daily
- 5 Practice meditation
- 6 Take a daily walk
- 7 Prepare and eat a meal mindfully
- 8 Enjoy a quiet cup of tea
- 9 Get a monthly massage
- 10 Give yourself a digital detox
- 11 Read a novel
- 12 Create a bath ritual
- 13 Purge toxic people
- 14 Create and enforce boundaries
- 15 Define your values
- 16 Communicate your emotional needs
- 17 Go to a movie by yourself
- 18 Test drive a sports car
- 19 Frequent Good Chats
- 20 Donate Your Old Stuff
- 21 Seek out your passion
- 22 Catch up on your doctor's appointments
- 23 Good Sleep Hygiene
- 24 Get a babysitter
- 25 Prepare the night before
- 26 Get your car cleaned
- 27 Hire a housekeeper
- 28 Go to a therapist or coach
- 29 Delegate
- 30 Buy the shoes
- 31 Get a manicure and pedicure
- 32 Twenty Minute "Power Nap"
- 33 Make peace with your flaws
- 34 Help someone else
- 35 Use essential oils and aromatherapy
- 36 Listen to inspiring podcasts
- 37 Cuddle

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- 38 Take a yoga class
- 39 Learn to say “no.”
- 40 Dial back your expectations of others
- 41 Ask a friend for support
- 42 Drink more water
- 43 Cut back on alcohol
- 44 Take up a creative hobby
- 45 Adopt a pet
- 46 Journal
- 47 Cancel plans when you feel bad
- 48 Deal with your baggage
- 49 Work on your personal growth
- 50 Meet new people
- 51 Morning Reflection
- 52 Evening Reflection
- 53 Go to the beach or mountains
- 54 Time Out to Breathe
- 55 Playtime with Kids and/or Pets
- 56 Fifteen Minutes of Sunshine
- 57 Healthy Selective Eating
- 58 One Relaxing Thing
- 59 Complimentary Self-Talk
- 60 Moisturizing Your Skin
- 61 Relax Your Eyes With Palming
- 62 Self-Soothing Practice
- 63 Big Laughter
- 64 Enjoying Music
- 65 Decluttering Your Closet
- 66 Unplugging From The Noise
- 67 Stretching All Your Muscles
- 68 Kindness To Others
- 69 Celebrating Your Wins
- 70 Getting Positive Feedback
- 71 Exercise Your Superpower
- 72 Fasting from the News
- 73 Finding a Good Counselor
- 74 Writing a Letter