

Self Care Cheat Sheet

Self care is something that you weave in your day that is totally manageable and doable. 5 minutes here 10 minutes there and before you know it, it's done. The more you practice self care the more you and the people around you will benefit from it.

Below are some ideas to help get you started. Use them, create your own...the goal is to just start. Don't wait for tomorrow, live your life by design...TODAY.

1. TAKE TIME TO BE ALONE
2. CHECK IN WITH YOURSELF THROUGHOUT YOUR DAY
3. ASK FOR HELP IF YOU NEED IT
4. INHALE & EXHALE
5. LIGHT YOUR FAVOURITE CANDLE
6. JOURNAL
7. TALK TO A FRIEND
8. GO TO A YOGA CLASS
9. DIFFUSE OILS AND SIT IN SILENCE FOR 5 MINUTES WHILE TAKING DEEP BREATHS
10. MEDITATE
11. WRITE DOWN 10 THINGS YOUR GRATEFUL FOR
12. CONNECT WITH YOUR PARTNER
13. HAVE YOUR GIRLFRIENDS OVER
14. WATCH A FUNNY MOVIE
15. READ A GOOD BOOK
16. READ A PERSONAL DEVELOPMENT BOOK
17. READ A FUN MAGAZINE
18. SAY YOUR FAVOURITE AFFIRMATIONS
19. WATCH YOUR FAVOURITE MOVIE
20. TAKE A LONG BUBBLE BATH
21. HAVE A DANCE PARTY FOR ONE
22. GO FOR A WALK
23. RE-ORGANIZE/DE-CLUTTER A ROOM
24. PLAY WITH A DOG
25. GO SWIMMING
26. PLAY AN INSTRUMENT
27. GET CRAFTY
28. HAVE A PJ DAY
29. PLAY A GAME
30. GO TO YOUR FAVOURITE COFFEE SHOP AND GET YOUR FAV DRINK
31. GO FOR A MASSAGE
32. GET YOUR NAILS DONE
33. WRITE YOURSELF A LOVE LETTER
34. BUY YOURSELF FLOWERS
35. GIVE YOURSELF A MANICURE
36. DO A WORKOUT AT HOME AND SWEAT BABY SWEAT
37. BINGE WATCH YOUR FAV SHOW
38. TAKE A NAP
39. STRETCH
40. CREATE A VISION BOARD
41. ORGANIZE YOUR CLOSET
42. SEND SOMEONE A LETTER. JUST BECAUSE
43. SPEND SOME TIME IN THE SUN
44. GO ON A SOCIAL MEDIA HIATUS FOR A DAY
45. MEET A FRIEND FOR LUNCH
46. GO TO A CONCERT AND SING YOUR HEART OUT
47. LISTEN TO A PODCAST
48. TRY SOMETHING NEW
49. APPLY A FACIAL MASK
50. GET YOUR HAIR STYLED
51. DRINK WATER
52. GET A FULL NIGHTS SLEEP ON THE REGULAR
53. TRY A NEW RECIPE
54. BAKE YOUR FAVOURITE TREAT
55. TAKE A DAY OFF TO DO ABSOLUTELY NOTHING
56. TURN OFF THE ALERTS ON YOUR PHONE - ALL THAT DINGING IS DRIVING YOU MAD
57. PLAN A WEEKEND AWAY
58. SPLURGE A LITTLE

REMEMBER THAT SELF CARE IS NOT OPTIONAL. IT'S *essential*

