

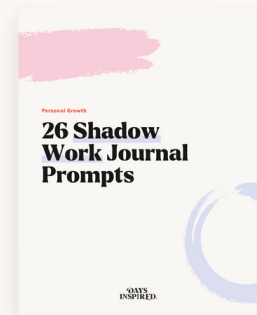


Personal Growth

75 Self Care Ideas



**DAYS
INSPIRED.**



Love the ideas?

Access the free resource library for more freebies!

daysinspired.com/free-resource-library/

PASSWORD

LIVELIFEINSPIRED

Have a glass of water.

Change your phone wallpaper to a motivational quote.

Have a warm beverage

Watch cute animals on YouTube.

Write down 3 things you like about yourself.

Do yoga.

Have a Dance Party.

Take a long walk.

Stretch.

Make yourself a healthy meal.

Play with a dog/cat.

Get dressed in the morning.

Get a massage.

Draw, doodle, or paint.

Do an art or craft tutorial on YouTube.

Organize a room or an area of a room.

Take an online class.

Listen to a podcast.

Do a crossword puzzle or sudoku.

Reminisce on old photos/videos.

Make a list of gratitude items.

Call a friend.

Say some positive affirmations.

Spend some time journaling.

Sing your favorite song.



Take a nap.

Watch a movie or show you love.

Heat up your favorite blanket in the dryer and cozy up

Turn on a fireplace winter scenery video.

Go on a drive

Hug someone

Make your bed

Do a full skincare routine.

Give yourself a manicure or pedicure.

Do a hair or makeup tutorial on YouTube.

Take a long shower

Do a face mask.

Turn off your notifications for the day

Find a new book at the library

Spend 10 minutes doing nothing

Go to a park

Write someone a hand written note

Volunteer

Do a breathing exercise

Have a “no-phone” Day.

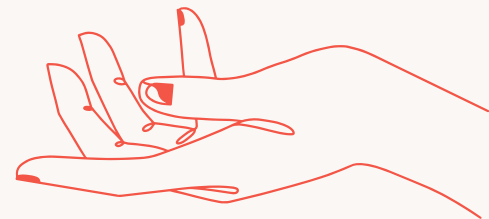
Make yourself a fancy drink

Write positive messages on sticky notes and put them around your house

Remove one thing from your daily to-do list— guilt free.

Take photos of the things near you.

Listen to binaural beats.



Eat a meal while doing nothing else.

Say no to plans and stay in for the night.

Pick out a cute outfit for no reason.

Play with play-doh or moon sand.

Pick or buy yourself flowers.

Make yourself a dessert & enjoy it.

Take a warm bath.

Read a magazine.

Diffuse essential oils

Burn Incense

Say a prayer.

Mindfully observe something in nature.

Create a vision board.

Attend a religious service

Try a guided meditation

Have a “no-meeting” day.

Take a mental health day.

Start planning your next vacation.

Take yourself out for lunch.

Ask someone for help with a task.

Hug your kid.

Treat yourself at the grocery store to something just for you.

Schedule alone time.

Write down your wins for the day.

Remind yourself you are doing a great job with affirmations.

*Self Care
For Professionals*



*Self Care
For Moms*

