



50

SELF CARE IDEAS



50 Self Care Ideas

- Go on a walk or run
- Practice yoga
- Get a massage
- Take a long bath
- Get outside in nature
- Cuddle
- Make a gratitude list
- Spend time with friends
- Read a book
- Meditate
- Declutter + organize
- Drink more water
- Plan your schedule
- Watch less tv
- Listen to a podcast
- Accept your imperfections
- Develop a spiritual practice
- Stretch
- Paint your nails
- Take a few deep breaths
- Take a new exercise class
- Watch a funny show
- Go dancing or just dance
- Bake cookies + treat yourself!
- Do something new!
- Take an art class (or any class)
- Sign-up for a subscription service
- Eat more fruits + veggies
- Start journaling
- Turn off notifications
- Indulge in your favorite tv show
- Reach out to someone you admire
- Grab a coffee at your fav place
- Visualize your goals
- Pamper yourself
- Eat healthy
- Go to bed early
- Have a cup of tea
- Go to the gym
- Try something new!
- Watch your fav movie
- Listen to music
- Create a dream board
- Plan a weekend getaway
- Love yourself
- Say no to things that you don't want to do
- Watch the sunrise/sunset
- List things you love about yourself
- Give someone a hug/kiss
- Go on a retreat

I HOPE THIS LIST INSPIRED
YOU TO START YOUR OWN
SELF CARE ROUTINE

ARE YOU A HOLISTIC BIZ OWNER?

I'd love to craft a striking
brand + website for your biz!

LET'S WORK TOGETHER!



JULESDESIGN.CO