

34 Ways to Practice Self- Care

1. Pray
2. Buy yourself some flowers #TreatYoSelf
3. Take a detox bath
4. Drink lots of green tea
5. Go and get a manicure or give yourself one
6. Write a list of goals
7. Go for a walk every morning
8. Go for a photo walk
9. Sing
10. Memory plan
11. Declutter and organize one room in the house. Organizing makes you feel wonderful!
12. Head outside and color
13. Learn to say NO!
14. Have a game board night at home
15. Light a candle
16. Make your favorite meal
17. Eat lots of fruits and veggies
18. Invite your friends over and show hospitality
19. Speak daily affirmations
20. Give thanks with a grateful heart
21. Have your favorite dessert
22. Create a vision board
23. Change your thoughts and you'll change your life
24. Invest in aromatherapy oils
25. Practice meditation
26. Keep a joy journal
27. Manage time wisely
28. Prep at night to avoid the stress of rushing the next day
29. Breathe deep
30. Don't sweat the small stuff
31. Avoid negative and messy people at all cost!
32. Get on top of your finances using a budget plan
33. Plan (Meals, Daily routines, etc.) and the execute
34. Cook a big roast for Sunday Dinner

