

30 **Awesome**

Self Care Ideas

Working Out	Therapy	Bath	Massage	Mani/Pedi
Yoga	Meditation	Buy Yourself Flowers	Read A Book	DIY Project
Gratitude Journal	Go On A Date (with spouse, friend, mom, yourself)	Declutter A Space In Your Home	Go For A Walk	Unplug From Technology
Have Coffee With A Friend Or Solo	Take A Nap	Have A Home Spa Evening	Make Your Favorite Meal Or Get Your Favorite Take-Out	Watch A Ted Talk
Say Positive Affirmations	Laugh - Watch Your Favorite Comedy Or Stand Up	Devotional	Join A Small Group A Church	Read A Book
Put On Your Favorite Song	Coloring Books	Listen To A Self-Help/Personal Development Podcast	Go To Bed Early	Commit To A No-Negative Talk Day