52 ACTS OF SELF-CARE

consciously create a new version of yourself
An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.

- UNKNOWN
1. Make your bed and fluff your pillows.

2. List three things that you appreciate about yourself.

3. Put your phone out of reach for one hour and resist the urge to check it.

4. Change your screensaver to something uplifting - a photo, quote, or image that brings you joy.

5. Write down a mistake and verbally forgive yourself for it.

6. Reconnect with an old friend.

7. Take a guilt-free nap.

8. Start a compliments notebook. Write down the wonderful things people say about you to read later, especially when you need a pick-me-up.

9. Scratch off a lurker on your to-do list, something that you have been procrastinating for ages and will probably never get around to doing.

10. Do a mini-declutter. Donate three things from your closet that you don’t love or wear regularly.

11. Get out of your comfort zone, even if it’s just talking to a stranger in line at the grocery store.

12. Oxygenate by taking three deep breaths. Breathe into your abdomen, and feel the air filling your lungs. Hold it for a few seconds and slowly exhale.

13. Stretch!

14. Be still. Sit somewhere green, and be quiet for a few minutes.

15. Inhale an exhilarating scent - flowers, essential oils, herbs, whatever moves you.

16. Soak up some Vitamin D. Sit in the sun for 15 minutes and feel it caressing your skin.

17. Have a self date. Spend an hour doing something you love.
Self-care is giving the world the best of you, instead of what's left of you.

- KATIE REED
18. Write down something that is bothering you. Get it all off your chest, then burn the paper.

19. Exercise a signature strength. Think about what you’re good at, and find an opportunity for it today.

20. Create a home spa. Put on some music, light a candle, take a long bubble bath, sit around in your bathrobe, and read a magazine.

21. Take a hot shower with fresh eucalyptus, lavender, or mint leaves. Inhale deeply and enjoy the invigorating scent.

22. Ask for help—big or small, but reach out to someone.

23. Give yourself a manicure or pedicure—or both! Paint your nails a color that makes you happy.


25. Learn a new skill. There are YouTube tutorials on just about everything! :-)

26. Meditate for 15 minutes.

27. Listen to an uplifting song that you haven’t heard before. Close your eyes and focus on the words.

28. Say no to something that you don’t want to do.

29. Be aware of negative self-talk throughout the day. Each time, flip it to something positive.

30. Look in the mirror and say, “I am enough. I am fearfully and wonderfully made.”

31. Write down an accomplishment that you are proud of, and let yourself feel that happiness.

32. Floss your teeth.

33. Put on your favorite upbeat song and dance like nobody is watching.

34. Imagine you’re your best friend. What would you tell yourself right now? Look in the mirror and say it.
Talk to yourself like you would to someone you love.

- BRENE BROWN
35. Journal about a dream or goal—no matter how unrealistic. Be as descriptive as possible.

36. Organize a part of your home that causes you angst.

37. Pick or buy fresh flowers for yourself.

38. Get up to watch the sunrise. Make coffee, get a snuggly blanket, and just enjoy it.

39. Go cloud watching. Lie on your back, relax and watch the sky.

40. Take a different route to work, or the grocery store, etc. Mixing up your routine creates new neural pathways and helps to keep your brain healthy.

41. Build a puzzle.

42. Be mindful during an activity that you usually do on autopilot, for example, brushing your teeth.

43. Create a deliberate habit and routinize something small in your life by doing it the same way every day.

44. Edit your social media feeds and take out any negative people. You can unfollow or mute them, you don't have to delete or unfriend them unless you want to.

45. Give yourself a foot and leg massage using a rich lotion.

46. Take a brisk walk outside, or go up and down a flight of stairs 3 times.

47. Wear something that makes you feel beautiful.

48. Have a good laugh. Read a comic strip or watch a funny video.

49. Help someone. Open a door, carry a bag, or pick up an extra carton of milk for a neighbor.

50. Get positive feedback. Ask three good friends or family members to tell you what they love about you.

51. Sit outside on a clear night and look for shooting stars.

52. Color or paint a picture.