



MY ONE SELF-CARE COMMITMENT FOR TODAY IS ...

Self-Care Ideas

- Take a walk
- Read something inspirational
- Exercise
- Ditch processed sugar
- Write in my Happiness Journal
- Dance to a song I love
- Eat more fruits and vegetables
- Watch a funny movie
- Meditate
- Do something creative (paint, sing, etc.)
- Stretch more
- Release anger
- Hang out with people I enjoy
- Eat mindfully
- Say “No”
- Do a digital detox
- Go on a self-care date
- Stop comparing myself with others
- Write in my Gratitude Journal
- Ditch a one-sided relationship
- Let my inner child come out and play
- Give myself a pat-on-the-back
- Practice yoga
- Be more mindful and intentional
- Be kind to myself
- Take a break from alcohol
- Learn something new
- Drink more water
- Pursue a passion
- Create a morning ritual
- Get more sleep
- Just do nothing
- Get a massage
- Get a manicure
- Take a long hot bath
- Use stress-reducing essential oils
- Practice positive self-talk
- Reflect on my accomplishments
- Wake up earlier for more me-time
- Set healthy boundaries