

THE *Ultimate* SELF-CARE *List*



PHYSICAL HEALTH

- Cooking nutritious meals
- Go on a nature walk
- Do yoga
- Go to sleep earlier
- Wake up earlier
- Organizing your space
- Take a long bath
- Have a spa Day
- Go hiking
- Go for a run
- Go on a bike ride
- Join a gym
- Attend a fitness class
- Go for a swim
- Hydrate
- Update supplement regimen
- Go on a cleanse
- Get a massage / acupuncture
- Stretch for 10 min
- Drink herbal tea
- Sun Bathe
- Take a cat nap
- Dance
- Play at a park
- Exploring a national park

MENTAL / EMOTIONAL HEALTH

- Read
- Write
- Journal
- Paint
- Draw / color
- Create pottery
- Trying new hobbies
- Learning new things
- Create something new
- Plant or garden
- Decorate your space
- Listen to an inspiring podcasts
- Create a passion project
- Repeat affirmations
- Creating your own podcast
- Learn photography
- Sew / Knit
- Read empowering quotes
- Breath work
- Unplug from technology
- Make a vision board
- Create a bucket list
- Review finances & create a budget
- Buy yourself flowers
- Go on a roadtrip



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SOCIAL HEALTH

- Cook a nice meal as a family
- Organize a picnic
- Volunteer at an animal shelter
- Volunteer at a homeless shelter
- Volunteer at a nursing home
- Donate clothes / shoes
- Call / text a friend
- Give some words of encouragement
- Join a church
- Start or attend a Sunday School class
- Host a game night
- Join a sports team
- Attend a fitness class
- Host a sleepover
- Host or attend a retreat
- Write someone a letter of appreciation
- Send someone flowers
- Do a favor for a loved one
- Pay for a strangers meal
- Host a movie night
- Cuddle with a pet
- Take your pet on a walk or exercise
- Clean up your local park
- Visit a library
- Visit a museum

SPIRITUAL HEALTH

- Pray- spend time with God
- Meditate
- Make a gratitude journal
- Attend church / place of worship
- Attend a Sunday school / spiritual class
- Yoga
- Writing / journaling
- Spiritual books
- Play an instrument
- Travel somewhere new
- Travel to your favorite place
- Spend time in nature
- Spiritual Retreats
- Forgive someone
- Cook a meal for someone
- Set aside 5-10 min for breath work
- Donate blood
- Develop a personal mantra
- Recite affirmations
- Dance
- Touch the ground with your bare feet
- Plant a garden
- Lay a blanket down and look at the stars
- Give yourself words of encouragement
- Create a ritual

