

# 60 Ways to Practice Self Care

From Short & Sweet Body Care

1. Set intentions for the day
2. Walk barefoot in the grass
3. Watch a funny video
4. Paint some pottery
5. Walk a dog (yours or someone else's)
6. Write 10 things you're grateful for
7. Read a book you've been meaning to get to
8. Do a face mask
9. Make yourself a treat
10. Clean out your closet and donate it to charity
11. Follow along to a Boho Beautiful yoga session
12. Light your favorite candle
13. Write a positive comment on a friend's social media
14. Take a bubble bath
15. Do a social media detox
16. Take a workshop for something you want to learn
17. Make a bucket list
18. Start a happiness journal
19. Diffuse an essential oil that makes you happy
20. Clean & glam up your workspace
21. Take a warm shower and use a sugar scrub for super smooth skin
22. Watch a motivating Ted Talk
23. Stargaze surrounded by pillows and blankets
24. Open your curtains/blinds/window for natural light
25. Drink a big glass of water
26. Meditate before bed
27. Buy fresh flowers for yourself
28. Meet a friend for coffee
29. Go to bed early
30. Take a self-defense class



31. Hug someone
32. Do a hair mask
33. Use a tiny bath bomb for a foot soak
34. Make a vision board
35. Take a probiotic/vitamins
36. Get a massage
37. Check Groupon for things you've never done before
38. Write affirmations in dry erase marker on your bathroom mirror
39. Visit your local library
40. Take a nap
41. Declutter 5 things from your home
42. Create a map of the places you want to visit
43. Get a spray tan
44. Clean out your purse
45. Write yourself a love letter
46. Take all your makeup off
47. Fall asleep to rain sounds
48. Cuddle with a soft blanket
49. Show a small business some love
50. Update your planner
51. Take in the small things
52. Do a DIY project
53. Unfollow toxic people on social media
54. Paint your nails or do an Impress Manicure
55. Make a spa day for yourself
56. Change your sheets and make your bed
57. Have a dance party to your favorite song
58. Moisturize (face, lips, body)
59. Purge old makeup, body care products, and anything expired
60. Tell someone why you love them



Make Yourself a *Priority*