

60 Ideas for Self-Care and Self-Nurturing

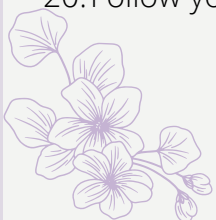


Self-care and self-nurturing are vital to your health for the mind, body and soul.

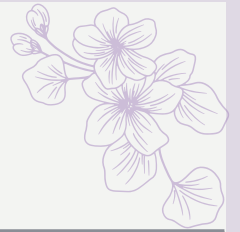
During busy times, we need to schedule self-care time or activities to ensure we are filling our cup and practicing a little self-care and self love.

Use the yearly planner to schedule at least one self-care activity per month, over time aim for one a week. Schedule your ideas on the planner and be sure to enter in to your diary, we should always schedule our self-care first into the diary before other appointments and activities.

1. Meditate or go on a retreat.
2. Move your body, try a new form of exercise.
3. Take yourself out on a coffee date.
4. Get creative, draw, paint or take an art class.
5. Take a long hot bath and add some essential oils.
6. Take a dance lesson.
7. Watch a sunrise or sunset.
8. Spend more time with your pet – unconditional love.
9. Revisit an old hobby.
10. Bake for yourself or someone.
11. Take a digital detox day.
12. Buy yourself some flowers.
13. Do some stretching.
14. Book a massage.
15. Spend time in nature.
16. Try a new recipe to nourish your body.
17. Make a gratitude journal.
18. Have a cup of tea and do nothing for 30 minutes.
19. Try mindful colouring in.
20. Follow your bliss.
21. Listen to your favourite podcast.
22. Sit in the sun.
23. Write a letter to someone you love.
24. Make a stress ball.
25. Reward yourself with a nice treat.
26. Celebrate your accomplishments.
27. Write a list of 30 things you are grateful for.
28. Take time to focus on your breathing.
29. Call an old friend.
30. At home spa day.
31. Watch a funny movie
32. Practise the art of forgiveness.
32. Read positive, motivational literature.
33. Go on a picnic in a beautiful setting.
34. Pet/play with an animal.
35. Learn a new skill.
36. Listen to favourite music.
37. Write some positive affirmations.
38. Make an art journal.
39. Draw or paint a picture.
40. Do a jigsaw puzzle.
41. Enjoy the beauty of nature.
42. Play as I did as a child.
43. Look through old photo albums.
44. Read a special book or magazine.
45. Practice relaxation exercises.
46. Go to a waterfall, if possible.
47. Make list of goals, strategies, and rewards.
48. Take a yoga class.
49. Garden and work with plants.
50. Do something adventurous.
51. Play as I did as a child.
52. Play with someone a favourite card game.
53. Attend a special workshop.
54. Go to an amusement park for fun.
55. Have weekend away with your friends.
56. Cloud gaze.
57. Make a mandala.
58. Do nothing and relax for a whole day.
59. Write a poem.
60. Make your own selfcare list.



Self-Care and Self-Nurturing Yearly Planner



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|----------------|-----------------|------------------|
| <i>January</i> | <i>February</i> | <i>March</i> |
| <i>April</i> | <i>May</i> | <i>June</i> |
| <i>July</i> | <i>August</i> | <i>September</i> |
| <i>October</i> | <i>November</i> | <i>December</i> |

