

Self-Care Essentials

Use these self-care essentials regularly to reinvigorate and rejuvenate your mind body and soul.

- ◆ Become a tourist in your own town
- ◆ Take a nature walk
- ◆ Get a reflexology foot massage
- ◆ Send yourself flowers
- ◆ Pray and/or meditate
- ◆ Take a bubble bath
- ◆ Read in the park
- ◆ Learn to say, “No.”
- ◆ Visit an Assisted Living Home
- ◆ Read to babies in neo-natal unit
- ◆ Take a cooking class
- ◆ Sign up for Yoga, Pilates, or Zumba
- ◆ Learn “how-to” do something
- ◆ Camp in your backyard
- ◆ Go on a picnic
- ◆ Call a friend
- ◆ Bake
- ◆ Walk on the beach at sunset
- ◆ Have breakfast with a sunrise
- ◆ Make a banana split
- ◆ Visit a museum
- ◆ Plant a ‘potted’ garden
- ◆ Start composting
- ◆ Recycle
- ◆ Donate to a charity

Your List of Self-Care Activities

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

Self-Care Essentials

It is essential that we schedule self-care time for ourselves. Use this form to commit to doing so and enhance your chances of fulfilling your life's purpose.

**My DAILY
Self-Care Essentials**

**My WEEKLY
Self-Care Essentials**

**My MONTHLY
Self-Care Essentials**