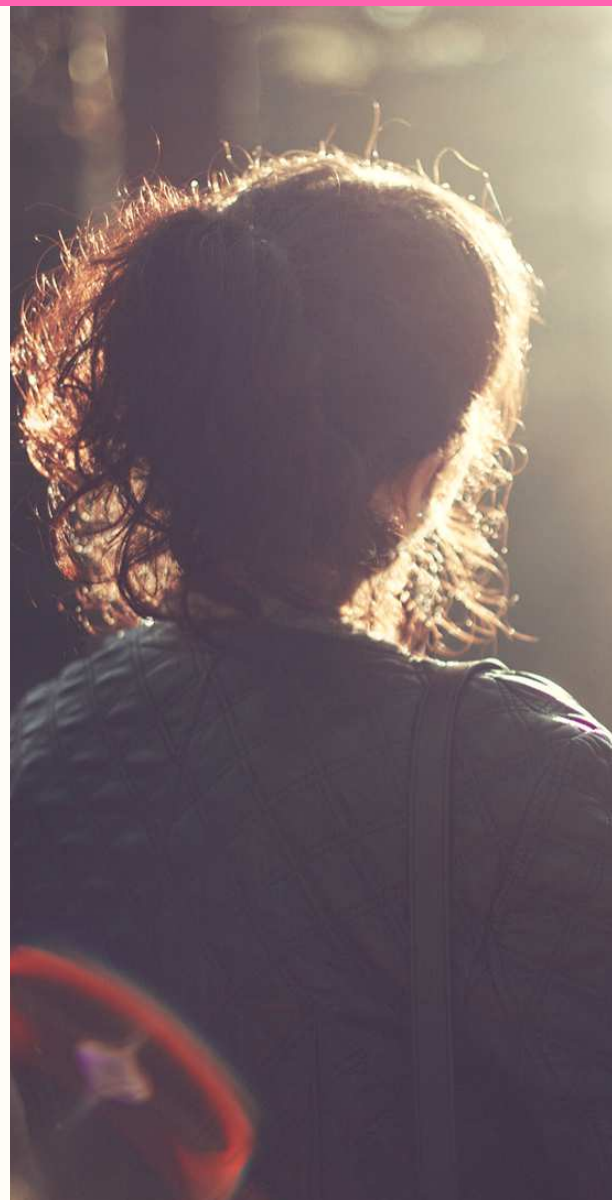


40 WAYS TO PRACTICE

Self Care

40 SELF CARE IDEAS

READ
PAINT YOUR NAILS
START A DEVOTIONAL
GO FOR A WALK
MEDITATE
JOURNAL
ADULT COLORING BOOK
SEW
TAKE A BATH
DO YOUR FAVORITE EXERCISE
PRAY
DO A FACE MASK
DRINK TEA/COFFEE
START A GRATITUDE JOURNAL
LIGHT A CANDLE
LISTEN TO MUSIC
GO FOR A DRIVE
ORGANIZE A DRAWER
BAKE YOUR FAVORITE TREAT
CLOSE YOUR EYES
CALL A FRIEND
BUY YOURSELF FLOWERS
GET A TRASH BAG THROW AWAY CLUTTER
LOOK THROUGH OLD PHOTOGRAPHS
CALL A FAMILY MEMBER
GO TO YOUR FAVORITE STORE
USE A DEEP CONDITIONER ON YOUR HAIR
SPEND TIME WITH YOUR PET
MAKE A NEW RECIPE
DIFFUSE ESSENTIAL OILS
DRAW SOMETHING
SEND CARDS TO 4 PEOPLE JUST BECAUSE
MAKE A VISION BOARD
GET UP BEFORE ANYONE ELSE
WRITE A LETTER TO YOURSELF
DANCE TO YOUR FAVORITE SONG
GO TO BED EARLIER
GO TO A COFFEESHOP
WRITE A LIST OF YOUR ACCOMPLISHMENTS
RECITE POSITIVE AFFIRMATIONS



REMEMBER

- Practice alone.
- Leave your phone in another room.
- Practice 10 minutes a day