


101 SIMPLE SELF-CARE PRACTICES

FOR DAILY HAPPINESS





NOTHING
IS MORE IMPORTANT
THAN NOURISHING YOUR
GREATEST ASSET;

YOU!

Consider this your timely reminder to start taking better care of yourself *now* (not later).

Pick any of these
101 Self-Care Practices
to help you live better, feel happier
and take some much-needed time
for nourishing yourself.

"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."

- *Chandy Hale*

1. Spend time with family (no devices)
2. Stretch on the floor or at your desk
3. Read something you enjoy
4. Perform an act of kindness
5. Take 20 deep breaths
6. Learn something new
7. Practice visualization
8. Practice affirmations
9. Buy yourself a gift
10. Buy someone else a gift
11. Light some scented candles
12. Listen to music
13. Have a solo dance party

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort. "

- Debrah Day

14. Do a Yoga set

15. Go for a solitary walk

16. Watch a funny movie

17. Take a relaxing bath

18. Go for a massage

19. Have an at home spa day/night

20. Journal your thoughts

21. Have a Green Smoothie

22. Meditate 10 minutes

23. Listen to hypnosis

24. Go to a coffee shop

25. Go to the dog park

26. Get some sun

"Self-compassion is simply giving the same kindness to ourselves that we would give to others. "

- Christopher
Germer

27. Plan an adventure

28. Write in a gratitude log

29. Listen to a podcast

30. Take pictures

31. Hug someone (or something)

32. Drink tea

33. Go to the library

34. Take a mental health day

35. Declutter a space

36. Create a new space

37. Experiment with some makeup

38. Exercise

39. Lay in the grass

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths. "

- Etty Hilleman

40. Look at the clouds

41. Have a hot shower

42. Unplug from technology

43. Reflect on compliments received

44. Buy a new outfit

45. Ask for help

46. Snuggle under a cozy blanket

47. Take yourself on a date

48. Clean something

49. Create or update my vision board

50. Compliment yourself

51. Compliment someone else

52. Get my hair done

"Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it. "

- Ray Bradbury

53. Plan a vacation (big or small)

54. Take a nap

55. Sleep in

56. Reflect on my wins

57. Drink a glass of water

58. Set a small, achievable goal

59. Floss your teeth

60. Visit or talk to a friend

61. Eat some fruit or vegetables

62. Go on a date

63. Sing along to your favorite song

64. Try a new restaurant

65. Take your dog for a walk

"The greatest weapon against stress is our ability to choose one thought over another."

- *William James*

66. Do 20 mins of free writing

67. Watch your favorite tv series

68. Catch up with your favorite blog

69. Have a glass of delicious wine

70. Write a thank you note

71. Write a love letter to yourself

72. Make a hot chocolate

73. Go to the beach

74. Cuddle a puppy

75. Volunteer for the day

76. Buy or pick some flowers

77. Call someone you love talking to

78. Ground yourself (barefoot to earth)

"The most powerful relationship you will ever have is the relationship with yourself. "

- Steve Maraboli

79. Listen to a TEDTalk

80. Do some colouring

81. Listen to an audiobook

82. Watch a sports game

83. Read a fiction novel

84. Bake a cake

85. Have a cheat day

86. Smile at a stranger

87. Get a mani/pedi

88. Go for a swim

89. Donate to charity

90. Clean out your closet

91. Start a collection of inspiring quotes

"Stop focusing on how stressed you are, and remember how blessed you are. "

- Unknown

92. Brainstorm a new idea

93. Put \$50 into your savings account

94. Start a new habit

95. Quit a bad habit

96. Tell myself 'I'm good at what I do'

97. Gift someone your favourite book

98. Write out your favorite quotes

99. Draw something (even if you suck)

100. Create a bucket list

101. Water your plants (they give you life)

WHAT IS ONE THING YOU CAN DO TODAY?