

10 Days to Self Care

Day 1 Compliment Cup- Document things people say to read later

Day 2 Take another Route

Explore your own world by mixing up a routine to a familiar place.

Day 3 Pay complete attention to something you usually do on autopilot such as eating or washing dishes.

Day 4 Playful time (Schedule in five minutes of “play” throughout your day

Day 5 Edit your social media feeds, and mute negative people. You can just “mute” them; you don’t have to delete them

Day 6 Give your body a treat. Pick something from your wardrobe that feels great next to your skin.

Day 7 Inhale an upbeat smell. Try peppermint or cinnamon to suppress food cravings.

Day 8 Have a self-date. Spend some time alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)

Day 9 Color. Find a coloring book or a printable and color away

Day 10. Dance or sing your heart out. Even challenge yourself with completing this with a small child.

My Favorites
