



# Self-Care

Self-Love starts with Self-Care DAILY!  
Re-read that

Yes, daily! This fills your soul with the things you need to feel happy. You are responsible for your happiness so lets take control and focus of self-care daily.

Here is a list of Self-Care things you can do

TAKE A HOT BATH & LIGHT A CANDLE  
GO AND GET A MANICURE & PEDICURE  
JOURNAL  
GO OUT WITH FRIENDS AND ENJOY YOURSELF  
FIND A HOBBY  
ENJOY A TEA & A BOOK  
LISTEN TO A MOTOVATIONAL PODCAST  
DO SOMETHING NEW  
CHANGE YOUR SHEETS & REORGANIZE YOUR BEDROOM  
MAKE A VISION BOARD  
CALL AN OLD FRIEND & RECONNECT  
DO A DO IT YOURSELF TUTORIAL  
HAVE A SOLO DANCE PARTY  
LEARN A NEW SKILL  
MAKE A BUCKET LIST & CROSS SOME STUFF OFF OF IT  
EXERSIZE  
DEEP CLEAN AN AREA OF YOUR HOME  
LISTEN TO A GUIDED MEDITATION  
PAINT YOUR OWN NAILS  
DO YOUR MAKE UP, GET DRESSED FANCY & GO OUT  
REDO YOUR BUDGET

Print as many as you want! This is a daily life changing experience. I would ask that you make a promise to yourself that you are going to do this daily for your happiness... because if you cant keep a promise to yourself... who can you keep a promise to?

You can also purchase a Daily Journal I published that features this gratitude technique daily plus an amazing assortment of meditation techniques and self-reflection prompts along with self-care reminders!