

100

self care ideas

— FOR —

Mind, Body & Soul

"An empty lantern provides no light.
Self-care is the fuel that allows your light to
shine brightly."

100 Self-Care Ideas

1. WRITE A GRATITUDE LETTER	TIME	WHERE
Write a letter explaining why you are grateful to a specific person. <i>Template included.</i>	30 min	inside
2. START A DIY PROJECT	TIME	WHERE
Go on Pinterest and find a nice DIY project to start today.	60 min	inside
3. MAKE A VISION BOARD	TIME	WHERE
This is a great visualization exercise that will help you stay motivated. <i>Template included.</i>	60 min	inside
4. GO TO THE LIBRARY	TIME	WHERE
Smell the old and the new books. Immerse yourself in centuries of knowledge.	60 min	outside
5. GO TO BED EARLY	TIME	WHERE
Go to bed a little earlier than usual to get a good nights rest.	30 min	inside
6. NO SOCIAL MEDIA	TIME	WHERE
Take a day off from social media.	all day	inside/outside
7. COMFY EVENING	TIME	WHERE
Have a comfy evening with anything that means to you (hot chocolate, socks, favorite show...).	3 hours	inside
8. WATCH THE SUNSET	TIME	WHERE
Take some time to sit in silence and appreciate one of our planets most beautiful daily events.	30 min	outside
9. START A JOURNAL	TIME	WHERE
If you already journal regularly, make today's entry special.	20 min	inside

10. LEARN A NEW SKILL	TIME	WHERE
Keep a healthy mind and, who knows, it might open a new door for you. <i>Template included.</i>	60 min	inside
11. GET PINTEREST INSPIRATION	TIME	WHERE
Go on Pinterest and find ideas for something creative to make or buy.	30 min	inside
12. MORNING WALK OR RUN	TIME	WHERE
Prepare work out clothes the night before and set your alarm 20 minutes earlier than usual.	20 min	outside
13. GET SOME FLOWERS	TIME	WHERE
Pick or buy some nice flowers to brighten up your home and put a smile on your face.	30 min	outside
14. DO SOMETHING ALONE	TIME	WHERE
You could go to the museum, a café, the cinema or have a meal by yourself in a nice restaurant.	60 min	outside
15. STRETCH	TIME	WHERE
Get your yoga mat and look for a tutorial for a full body stretch on Youtube.	45 min	inside/outside
16. WATCH A MOVIE	TIME	WHERE
Watch any movie that appeals to you.	90 min	inside
17. DANCE TO YOUR FAVORITE PLAYLIST	TIME	WHERE
Put on some comfy clothes and then simply let it all go and have fun.	30 min	inside
18. ONLINE GYM CLASS	TIME	WHERE
Try out an online gym class that you would love to do.	30 min	inside
19. TAKE A NAP	TIME	WHERE
Naps are proven to not only reduce fatigue but also improve your mood and memory!	20 min	inside

20. WATCH THE STARS	TIME	WHERE
Really unwind with a blanket and comfy clothes and just watch the starry night sky.	30 min	outside
21. CALL SOMEONE YOU LOVE	TIME	WHERE
Free some time to call a loved one and take as long as you wish.	20 min	inside
22. LAUGH	TIME	WHERE
Watch something that makes you laugh such as your favorite comedian or funny pet videos.	20 min	inside
23. MAKE A SENSES WALK	TIME	WHERE
During the walk pay attention to your senses. Touch, smell, hear, taste and listen consciously.	45 min	outside
24. PET TIME	TIME	WHERE
Spend time with your pet or go watch some animals in the wild (birds, fish, squirrels...)	60 min	inside/outside
25. MAKE A LIST OF ACCOMPLISHMENTS	TIME	WHERE
Take at least 30 minutes because there is always more than you might think.	30 min	inside
26. BUY SOMETHING NICE FOR YOURSELF	TIME	WHERE
If you are on a budget it could even be something very small that you enjoy.	30 min	outside
27. TRY A NEW WORKOUT ROUTINE	TIME	WHERE
Search Youtube for anything you haven't done before such as a new dance routine.	45 min	inside
28. LISTEN TO YOUR FAVORITE ALBUM	TIME	WHERE
That one album from 2008 that you loved will bring back so many memories.	60 min	inside
29. GET A MASSAGE	TIME	WHERE
Get a massage for your hard working muscles. If you're on a budget, google "self massage".	30 min	outside

30. DECLUTTER ACTION	TIME	WHERE
You can either declutter a small space such as a desk or an entire room.	5-60 min	inside
31. READ A MAGAZINE	TIME	WHERE
Read a magazine that you used to love at some point of your life.	20 min	inside
32. FEEL GOOD VIDEOS	TIME	WHERE
Find some videos on Youtube that make you feel good (rescued animals, motivational, etc).	20 min	inside
33. EAT HEALTHY FOOD ONLY	TIME	WHERE
Make a healthy food only day.	all day	inside
34. LISTEN TO A PODCAST	TIME	WHERE
Podcast can serve as pure entertainment but also as great education.	30 min	inside
35. GET A MANICURE	TIME	WHERE
Not only good for beautiful nails but also for ensuring nail health and relaxing in the process.	45 min	outside
36. LIST OF SIMPLE THINGS	TIME	WHERE
Make a list of some simple things that you want to try out.	15 min	inside
37. DAY OFF	TIME	WHERE
Take a day or an entire evening off and don't schedule anything.	all day	inside
38. WISH LIST	TIME	WHERE
Make a wish list or add things to it if you already have one.	30 min	inside
39. HAVE A SPECIAL BEVERAGE	TIME	WHERE
Have a special hot or cold beverage depending on your season or your preference.	15 min	inside

40. TRY A NEW DISH	TIME	WHERE
Try a dish that you have never tried at a random restaurant, or even better a new restaurant.	60 min	outside
41. SPEND A DAY OUTSIDE	TIME	WHERE
Try to find as many activities as possible outside, in the city, the woods or even your garden.	all day	outside
42. MINDFUL WALK IN NATURE	TIME	WHERE
Have a mindful walk in nature. You can also do a walking meditation if you feel like it.	45 min	outside
43. STEP OUTSIDE OF YOUR COMFORT ZONE	TIME	WHERE
Do something that scares you to break the chains of fear. This is how we grow.	5-90 min	outside
44. WATCH THE SUNRISE	TIME	WHERE
Get up early and take the time to appreciate the beauty of every day life.	30 min	outside
45. LIST YOUR SHORT TERM GOALS	TIME	WHERE
This is a great idea to get organized, motivated and focus on your goals. <i>Template included.</i>	15 min	inside
46. SIGN UP FOR A MOOC	TIME	WHERE
Not only educational and entertaining. You might discover a new hobby or career change.	2 hours	inside
47. LONG SHOWER OR BATH	TIME	WHERE
Take some time to fully relax, let go of any worries, and pay attention to your senses.	45 min	inside
48. LEARN A NEW RECIPE	TIME	WHERE
Always wanted to learn a certain recipe? Maybe a foreign cuisine? Now is the moment.	60 min	inside
49. LIGHT AN AROMA CANDLE	TIME	WHERE
There's something about candles that affects your mood and makes your space instantly calm and relaxed.	5 min	inside

50. PRACTICE SOME YOGA	TIME	WHERE
There are many beginner videos online. If you are a pro you could try Acroyoga or Bikram.	35 min	inside
51. WATCH A MOTIVATIONAL TED TALK	TIME	WHERE
It's a great way to improve general knowledge and to think critically about new information.	15 min	inside
52. A SPECIAL NEW EVENING ROUTINE	TIME	WHERE
Design a new evening routine with anything that you want to try out. Then keep it if you liked it.	20 min	inside
53. LAZY GUILT FREE EVENING	TIME	WHERE
Have a lazy evening including your couch, snacks, movies and whatever your soul needs.	3 hours	inside
54. TIDY YOUR WORKSPACE	TIME	WHERE
Tidy your workspace and change it up with a new decor item.	30 min	inside
55. READ A BOOK	TIME	WHERE
Pick a book that you enjoy, no matter if it is useful or not.	60 min	inside/outside
56. THE LITTLE THINGS	TIME	WHERE
Make a list of all the little things your looking forward to do tomorrow.	20 min	inside
57. START A NEW HOBBY	TIME	WHERE
Explore your passions and feel accomplished while having fun.	60 min	inside/outside
58. PLAN YOUR NEXT VACATION	TIME	WHERE
Search the internet for great travel destinations and plan your next vacation.	60 min	inside
59. CALL SOMEONE	TIME	WHERE
Call someone you didn't get around to call for a while.	30 min	inside

60. HAVE A CELEBRATION BRUNCH	TIME	WHERE
Take someone you enjoy hanging out with. There's always a reason to celebrate!	90 min	outside
61. HELP FUTURE YOU	TIME	WHERE
Do something that your future you will be thankful for.	20 min	inside
62. PLAN AN AWESOME WEEKEND	TIME	WHERE
Plan an awesome weekend and then schedule it. <i>Template included.</i>	40 min	inside
63. SIMPLY DO NOTHING	TIME	WHERE
If that is impossible, start reading "Don't Just Sit There, Do Nothing".	60 min	inside
64. BUY A NICE SMELLING LOTION	TIME	WHERE
Or if you don't like lotions, a nice smelling shower gel.	15 min	outside
65. MAKE A 'LET IT GO' LIST	TIME	WHERE
Make a list of all the things you want to let go and then burn it or tear it apart.	30 min	inside/outside
66. GET A PEDICURE	TIME	WHERE
Get a pedicure or do it yourself if you are on a budget.	45 min	outside
67. INDULGE YOUR GUILTY PLEASURE	TIME	WHERE
It turns out that engaging in harmless guilty pleasures is good for you and your well-being.	60 min	inside
68. DECLUTTER YOUR MIND	TIME	WHERE
Declutter your mind with the brain dump technique. <i>Template included.</i>	15 min	inside
69. MAKE PLANS FOR SEASONAL ACTIVITIES	TIME	WHERE
Seasonal activities such as a snowball fight, roasting marshmallows or pumpkin carving.	45 min	inside

70. DELEGATE SOMETHING	TIME	WHERE
Delegate something to a professional that you've been struggling with for too long.	30 min	inside
71. NO PHONE DAY OR NO TECH DAY	TIME	WHERE
Perfect for a Sunday or any day you have completely off.	all day	inside/outside
72. DECLUTTER & DONATE	TIME	WHERE
Find things you don't need anymore, then donate or throw them away.	90 min	inside/outside
73. SAVING PLAN	TIME	WHERE
Start saving, organize your savings or plan for savings.	60 min	inside
74. MAKE A DECISION	TIME	WHERE
Finally make a decision for that one thing. Procrastination will only lead to exhaustion.	10 min	inside
75. MAKE YOUR LIFE EASIER	TIME	WHERE
Buy an item that will make your life easier or rent it for a while.	30 min	inside/outside
76. APPRECIATE YOUR BODY	TIME	WHERE
Appreciate your body in the mirror and thank it for having been through so much with you.	10 min	inside
77. COFFEE WITH A FRIEND	TIME	WHERE
Have a coffee with a friend and catch up or go alone if you think you need it.	60 min	outside
78. 'FEEL GOOD' LIST	TIME	WHERE
Make a list of the things that make you believe the world is a good place.	30 min	inside
79. HANG OUT WITH A FRIEND	TIME	WHERE
Do something you've been looking forward to do with a friend.	30 min	outside

80. MAKE A SMALL GIFT	TIME	WHERE
Make a small gift to someone who is always kind to you.	45 min	outside
81. ASK FOR HELP	TIME	WHERE
Think of something you're struggling with and ask for help.	20 min	inside/outside
82. MEDITATE FOR 10 MINUTES	TIME	WHERE
Do at least 10 minutes. You can find great guided meditations on Youtube or use an app.	10 min	inside
83. EXPLORE WARMTH / COZINESS	TIME	WHERE
Explore the sensation of warmth/cozy (hugs, sunshine, socks, hot beverages, candles,...)	2 hours	inside/outside
84. START A GRATITUDE JOURNAL	TIME	WHERE
A gratitude journal is a great way of building the habit or gratitude attitude. <i>Template included.</i>	20 min	inside
85. TRY AFFIRMATIONS	TIME	WHERE
Start doing affirmations or find some new ones. <i>Template included.</i>	10 min	inside
86. BREATHING EXERCISES	TIME	WHERE
Do some breath work or breathing exercises.	30 min	inside
87. FAVORITE CHILDHOOD MOVIE	TIME	WHERE
Watch your favorite childhood movie.	90 min	inside
88. POSITIVE INFLUENCE	TIME	WHERE
Make a list of all the positive influences in your life and feel grateful.	20 min	inside
89. SMALL ACT OF KINDNESS	TIME	WHERE
Do a small anonymous act of kindness.	20 min	inside/outside

90. LETTER TO FUTURE YOU	TIME	WHERE
Write a letter to your future self. <i>Template included.</i>	20 min	inside
91. MAKE A BUCKET LIST	TIME	WHERE
Reflect on your goals and identify important milestones and experiences. <i>Template included.</i>	20 min	inside
92. LIST YOUR PERSONALITY TRAITS	TIME	WHERE
Make a list of all the personality traits that you like the most about yourself. <i>Template included.</i>	20 min	inside
93. EXPLORE FRESHNESS AND COLD	TIME	WHERE
Explore the sensation of freshness/cold (such as fresh air, cold water, wind, salads, laundry...)	2 hours	inside/outside
94. RADICAL HONESTY	TIME	WHERE
Be radically honest for a day. If it's too hard focus on the positive truths like giving compliments.	all day	inside/outside
95. FAVORITE MEMORIES	TIME	WHERE
Write down your favorite memories from any point in your life and feel grateful.	45 min	inside
96. FEEL FORGIVENESS	TIME	WHERE
Take time to reflect and feel forgiveness. Forgive others and yourself.	60 min	inside
97. CROSS IT OFF	TIME	WHERE
Do something small that will make you feel accomplished.	15 min	inside
98. PERSONAL GROWTH READING	TIME	WHERE
Read a personal growth book on any topic that you find interesting.	60 min	inside
99. MAKE A NEEDLE LIST.	TIME	WHERE
Declutter your mind with a Needle list. <i>Template included.</i>	20 min	inside

100. SUPER PAMPER / SPA SUNDAY	TIME	WHERE
Have an amazing day just for yourself where you can nourish body, mind and soul and all the things you love come together.	all day	inside

This routine is meant for a day that you have entirely for yourself. If that's not an option, try to get as many hours as possible.

Here is a possible routine, but feel free to adapt it with anything that appeals to you.

1. Start with a Stretch / Yoga
2. Journal / Gratitude Journal
3. Do your affirmations
4. Try to use your phone as little as possible today.
5. Go for a morning walk or run if you feel like it.
6. Have your favorite breakfast.
7. If there are any things you have to do make a minimal to-do list.
8. Get those things done as soon as possible.
9. Go for a walk in the city or nature.
10. Buy groceries or anything else that you need today.
11. Prepare lunch and/or dinner (skip if you will order).
12. Tidy up / declutter any space in your home.
13. Read anything that nourishes your mind and spirit.
14. Have a nap.
15. Trim eyebrows or remove body hair.
16. Put on your favorite playlist.
17. Put on a face mask.
18. Have a long bath or shower.
19. Put on a great smelling lotion.
20. Declutter your mind with the Brain Dump Technique.
21. Meditate for at least 5 minutes.
22. Do some breath work.
23. Light some candles.
24. Paint your nails.
25. Call a loved one while your nails dry
26. Search the internet for something you enjoy and/or inspires you (funny videos, Pinterest DIY projects, TED talks, etc.)
27. Order food or eat what you prepared in step 7.
28. Make a list of all the things you're looking forward to tomorrow.
29. Watch a TV Show or movie.
30. Do a Bedtime Yoga Practice to unwind and relax,

SELF-CARE IDEAS

30 Day Challenge

THE CHALLENGE	
I WANT THIS BECAUSE:	🕒 START DATE
	🕒 END DATE
ACTION STEPS	REWARDS
<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

45 Day Challenge

THE CHALLENGE	
I WANT THIS BECAUSE:	🕒 START DATE
	🕒 END DATE
ACTION STEPS	REWARDS
<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27
DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36
DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAY 44	DAY 45

60 Day Challenge

THE CHALLENGE	
I WANT THIS BECAUSE:	🕒 START DATE
	🕒 END DATE
ACTION STEPS	REWARDS
<div><div></div></div> <div><div></div></div> <div><div></div></div> <div><div></div></div>	<div><div></div></div> <div><div></div></div> <div><div></div></div> <div><div></div></div>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50
DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60

90 Day Challenge

THE CHALLENGE								
I WANT THIS BECAUSE:						🕒 START DATE		
						🕒 END DATE		
ACTION STEPS				REWARDS				
<div></div> <div></div> <div></div>				<div></div> <div></div> <div></div>				

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27
DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36
DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAY 44	DAY 45
DAY 46	DAY 47	DAY 48	DAY 49	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54
DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70	DAY 71	DAY 72
DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	DAY 78	DAY 79	DAY 80	DAY 81
DAY 82	DAY 83	DAY 84	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90

100 Day Challenge

THE CHALLENGE									
I WANT THIS BECAUSE:						🕒 START DATE			
						🕒 END DATE			
ACTION STEPS					REWARDS				
<div></div> <div></div> <div></div>					<div></div> <div></div> <div></div>				

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50
DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
DAY 61	DAY 62	DAY 63	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	DAY 78	DAY 79	DAY 80
DAY 81	DAY 82	DAY 83	DAY 84	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90
DAY 91	DAY 92	DAY 93	DAY 94	DAY 95	DAY 96	DAY 97	DAY 98	DAY 99	DAY 100

30 Day Self Care Challenge

THE CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

100 Day Challenge

THE CHALLENGE

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100