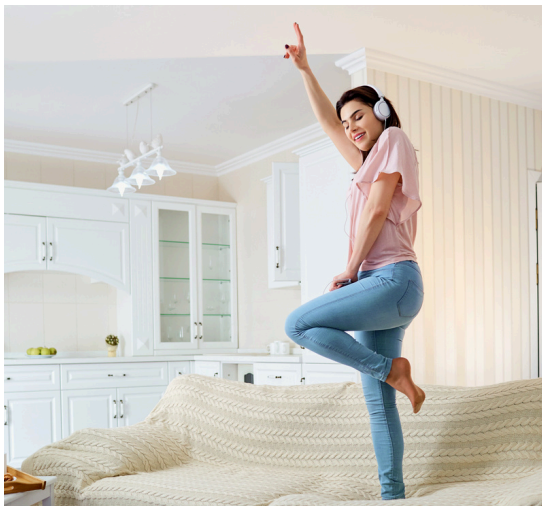




## It's time for you to put yourself on the top of the list.

Here is a list of Self-care ideas that you can put into practice. Begin with whatever resonates or excites you most.



- Meditation or Prayer time
- Sleep until you feel rested
- Say No to honour yourself
- Face & body care routine
- Do anything that inspires you
- Read something you enjoy
- Walk or Exercise 30-mins daily
- Eat more plant-based foods
- Dance your favourite song
- Watch something funny
- Take breaks whenever needed
- Do something creative
- Appreciate a sunrise

# Coming HOME Self-Care List



You Know What to Do. So  
Why Aren't You Doing It?

- Walk barefoot on the ground
- Use your discernment
- Have your favourite dessert
- Say "fuck" when needed
- Create a cheer-up playlist
- Give or receive a long hug
- Acknowledge your blessings
- Hydrate your body
- Look at your eyes in the mirror
- Write yourself a love letter
- Hug a tree to recharge
- Cancel the event you don't want to attend
- Have a piece of chocolate
- Do something new
- Unplug from Social Media
- Declutter a drawer or closet
- Go to your favourite place
- Gift yourself with flowers
- Buy new sexy underwear
- Appreciate a sunset
- Visit a dear one
- Sing your favourite song
- Declutter old papers
- Do Breathwork
- Buy "that" special item you love
- Use the Ho'oponopono technique for forgiveness
- Spoil your dear ones
- Curate your SM channels



# Coming HOME Self-Care List



You Know What to Do. So  
Why Aren't You Doing It?

- Know your limits
- Use positive phrases
- Give yourself a hug
- Connect with a loved one
- Help someone if it makes you feel good
- Buy yourself a gift
- Have that fantastic drink you love
- Practice self-compassion
- Use positive vocabulary towards you and others
- Take deep breaths to come to the present moment
- Get a massage
- Read an inspiring old letter, article or magazine
- Create a new affirmation that comforts you
- Wear that "special" outfit
- Make a list of your virtues



- Eat your favourite dessert
- Practice Self-Love
- Speak up your truth
- Stretch your temple body
- Read a book that nurtures you
- Laugh more
- Express gratitude towards yourself (body, qualities, gifts, etc.)
- Bake & eat something yummy