



# 50 Ideas for Daily Pleasure in your *Self Care* Routine



1. Take a power nap
2. Work in the garden
3. Draw
4. Paint your toes or nails
5. Write in a journal
6. Do a crossword puzzle
7. Do a sudoku puzzle
8. Take a bubble bath
9. Take a leisurely shower
10. Make and listen to a play list of your favorite songs
11. Go for a walk
12. Go for a jog/run
13. Go for a bike ride
14. Call a friend you've thought of this week
15. Email a friend
16. Write a letter to a friend
17. Set up a coffee date with a friend
18. Set up a walking date with a friend
19. Sing your favorite songs loudly
20. Have a dance party by yourself or with your family
21. Take an exercise class - try yoga!
22. Play an instrument
23. Listen to a podcast
24. Listen to an audiobook
25. Color an adult coloring page
26. Knit
27. Crochet
28. Sew
29. Fix yourself a smoothie
30. Sit in silence and just stare into space or people watch, allowing yourself to daydream
31. Drink a cup of tea or coffee and savor it
32. Eat a piece of dark chocolate
33. Read a non-fiction book
34. Read fiction
35. Read a magazine
36. Go outside and take 3 deep belly breaths
37. Pet an animal for a few minutes
38. Hug someone for at least 10-20 seconds
39. Write down 3 things that you're grateful for
40. Watch 1 episode of a show you enjoy
41. Watch a TED talk
42. Write a poem
43. Grab your camera and take photos
44. Go to a museum by yourself or with a friend
45. Go window shopping by yourself or with a friend
46. Join a book group
47. Tidy one area of your home
48. Light a candle
49. Rub lotion onto your body
50. Look at photos and reminisce