

For Myself

1. Doodle happy things
2. Go for a relaxing walk
3. Bake sweet treats
4. Sing my favourite songs
5. Take a nap
6. Write down why I am amazing
7. Make a long-term plan
8. Journal
9. Go to bed early
10. Read a new book
11. Write 10 things I am grateful for
12. Pray
13. Make a good cup of tea
14. Give myself a mani pedi
15. Write a letter
16. Take a long bath/shower
17. Plan a short getaway
18. Try a new cuisine
19. Just lay in bed for 15 minutes
20. Appreciate the sunrise/sunset
21. Play with a baby animal
22. Wake up early and just be
23. Dance like no one is watching
24. Compliment myself
25. Watch an old movie
26. Decorate a cake
27. Eat lots of dark chocolate

TAKE THE TIME

Life is a
journey, not a
destination.

HAVE FUN

Treat
yourself!

THIS MOMENT

Appreciate
each moment
of today.