

Self-Care is a Proactive

<i>Physical</i>	<i>Mental</i>	<i>Emotional</i>	<i>Spiritual</i>	<i>Quotes</i>
exercise	learn something new	empathy	noble goals	You cannot pour from an empty cup. You must fill your cup first.
health	mindfulness in the present moment	stress management	develop awareness	
nutrition	creativity	compassion	meditation	Self-care is the key to a balanced life
sleep	self motivations	relationships	forgiveness to self and others	
rest	Buy yourself a gift	growth	gratitude	it's a good day to take care of yourself so is every other day
physical touch	be positive	communication	values	
Go to a city, state and national park	ask for help	try something new	Pray for others	Self-care isn't something you do once and tick off the list. It is a repetition of small habits
Wear lighter brighter clothes	Before bed reflect on the day and identify 3 persons, places or things you appreciate	play with pet	As you wake up in the morning thank the Creator for 5 things you are grateful for	
Hygiene	read	spend time with loved ones	journal	You cannot do a kindness too soon, for you never know how soon it will be too late.
walk without your phone	listen to music	laugh	find a affirmation for the week	.
Go to a farmer's markets	Know Thyself	drink your morning coffee in peace	Be good, do good	sit silently in room together it changes the energy in the room and connects humanity
yoga	listen to a podcast	experiment with your makeup	connect with a spiritual community	
hot bubble bath	listen to a TED talk	Be kind, gentle and tender to yourself	set goals	put the oxygen mask on yourself first
moisturize your skin	watch a movie	hold hands	reflect on who you are and what makes you special	

apply a facial mask	take a class	spend time with loved ones	Have a rest day	Give the world the best of you instead of what is left of you
Nap	research a new topic	spend time with family	read something inspirational	
mani/pedi	watch a documentary	make time for friends	look for the good	self care means giving yourself permission to pause
drink water	get therapy	it's okay to cry	count your blessings	
foot massage	choose a good attitude	spend time with people who enrich your life	thank God for the little things	An Empty Lantern provides no light. Self-Care is the fuel that allows your light to shine brightly
get a massage	laugh at yourself	Leave a copy of your favorite book in a public place write a note why it is worth reading	choose joy	
give and get hugs	look for the silver lining	write a poem	choose love	one of the most beautiful compensations of life is that no man can sincerely try to help another without helping himself
Tai Chi	make up your mind to be happy	start a compliments file	choose hope	
Stretch	let go of perfectionism	incorporate 5 minutes of play time throughout the day	choose faith	Self-care is a powerful choice to engage in an action plan to promote well-being so you can give the best of you
Balance exercises	choose to be strong don't let others disturb your peace of mind	do something today just because it makes you happy	exude peace	
relaxation exercises	keep it simple	sing	guided meditation	Honoring yourself enough to schedule time with yourself is the first step to well-being. Tend your relationship with yourself and your relationship with life and others will be enriched and deepened accordingly
oxygenate by taking three deep breathes	pay with cash	be aware of your own values,		

note breathe out fully before breathing in		biases and personal experiences		
enjoy a hot tub soak	clean	talk health and happiness	humility	
relax your face, drop your shoulders, unclench your jaw relax muscles	moderation in all things	make someone feel special	bible reading	
body awareness	positive self talk	smile	listen to a good preacher	
go to bed early	Digital Detox Day	affirmations	prayer	
sauna	watch meaningful content	self-love	write a letter to God	
go to the gym	adult coloring	self-reflection	Analyze your day, what did you do well and what lessons learned?	
lovely soap	games to stimulate thinking	cuddle	quiet time to quiet the mind	
bath bomb	sewing/knitting	sing	establish a sacred/personal space	
ride a bike	photography	art journal	listen to spiritual music	
play by yourself basketball, bowling, miniture golf, billards	read a magazine	go somewhere you have never been	experience a sacred site	
cook your favorite meal	be responsible	write a letter to yourself	share your story	
go to a spa	audio book	complaint free day	do a indepth spiritual study	
a day of phone free meals	explore on mass transit	explore the meaning of kindness	pray the serenity prayer	
Take action, do something on the list, just do it!	watch a comedy	create a kindness calendar	contemplate a sacred object	
Take the stairs	browse a bookstore	Create a kindness journal	give thanks for creation	
declutter	phone free night with loved ones	Play music with a fast beat	read something inspirational	
cleanliness	organize your apps on your phone	Play music with an up feeling	what ever's good for your soul do that	

minimize waste	organize your files on your computer	Spiral up with gratitude and affirmations	attend a worship service	
fresh air	collect ideas write them down	Tell someone you love them		
commune with nature	Write a story	Listen to oldies		
walk in silence by a river or ocean	sharing strengths	deep listening		
light a scented candle	boundaries	support groups		
Organize a drawer, closet or room	alignment with values	networking		
redecorate a room	clean out your inbox	go to a museum		
unplug for a day	slow down	Make time with friends to attend a pow wow		
go cloud watching	set a goal for your work	visit an Elder you admire		
get 15 minutes of sun	have a mentor	dance		
use your commute to find 5 beautiful things	clean your desk	handwrite a letter		
explore	have a hobby	volunteer		
spend time in the sun	take your full lunch break	random act of kindness		
caring for indoor plants	leave work at work	be of service to others		
scented candle	learn to say no	call an old friend		
diffuser	use your vacation time	make a new friend		
Visit a public garden	set boundaries	call someone going through a hard time		
plant a tree	enhance skills	Send a care package to a friend or someone you don't know		
observe your surroundings. Notice everything.	teach others	join a club		
Go to water a lake, river, pond or ocean	be a mentor	imagine you are your best friend		
Open the windows	simplify your schedule	help someone		

Play nature sounds	encourage others	converse with a service representative		
	praise the success of another	write thank you cards		
	thrifting	study other cultures		
	make a budget	cultural humility		
	track your spending	have a heart to heart conversation		
	savings	Create a kindness journal		
	reward yourself for a project completed	go to a sports game		
		play a team sport		
		see an opera		
		see a ballet		
		go to the theater		
		Talk to staff		
		invite a friend over to your home		
		organize a party		
		play a game with a friend		
		leave money on a vending machine		
		serve at a homeless shelter		
		buy movie tickets for the person behind you in line		
		write a list of things you adore about a friend		
		write someone an encouraging poem		