

drink tea

connect with someone you love

Try something new

Be kind and compassionate with yourself

Go somewhere new

Work out/go for a run

Write 5 things you love about yourself

Read cards, letters, emails from friends

Light a candle

Meditate

Eat something healthy

Do something kind for someone else

Recognize your value

Share inspiration

Go for a hike

Read something that inspires you

Make art/ use your hands

Write what you're grateful for

Take a hot bath

Listen to music/ soothing sounds

Put yourself out there

Treat yourself

Share your gifts

Invest in your present

Have a picnic

Take photos

Journal

Read a favorite blog

Watch the sunrise/ sunset

Open all the windows