

20 Days of Self Care

TAKE SOME TIME FOR YOU!

MAY

2021

★ <u>LOVE</u>	Go on a quiet walk	Catch up with a friend	Read a book	Get out in nature today!	Do your hair & makeup	write a "thank-you" card to someone
★ <u>YOURSELF</u>	Take a bubble bath	Do your hair & makeup	Buy yourself fresh flowers	Go to bed by 10 pm	Spend time doing a fun hobby	Go on a walk
★ <u>TAKE CARE</u>	Eat 3 Main Meals	Declutter a space	Meditate for 20 minutes	Listen to a podcast	Take time to stretch	Do your hair & Makeup
★ <u>OF YOURSELF</u>	Write in your journal	Do your hair & makeup	Go on a 24 hour social media fast	Enjoy the Sunset	Complete 5 minute of focused breathing	Go to lunch with a friend or spouse
★ <u>EVERYDAY</u>	Sit outside without your phone	Put your favorite essential oils in a diffuser	Get a pedicure	Do your hair & makeup	Exercise	Write down 3 things you're grateful for.