

20 Ways to Practice Self-Care

Free Printable

- Journal your thoughts
- Prayer/Meditation
- Organize or Clean
- Watch favorite movie or Show
- Take a break from social media
- Say positive affirmations
- Take a nap
- Visit somewhere new
- Burn scented candle or oils
- Let go of toxic relationships
- Cook your favorite meal
- Listen to inspirational podcasts
- Listen to favorite music
- Color/Doodle
- Drink soothing tea
- Take a hot shower or Bubble bath
- Take a walk or Go for a run
- Plan out your goals
- Read a self-help book
- Pamper yourself

