Self-Care Saturday

It's been a busy week and life can be stressful. When you are feeling like everything is on your shoulders, it might be time to do a little self-care. Here's a list of 40 self-care ideas. Enjoy!



1. Sleep in! Getting a good night's sleep is good for the soul
2. Take a work out class
3. Enjoy a coffee at a coffee shop
4. Go out for breakfast for brunch
5. Listen to your favorite music or play some relaxing sounds
6. Take a relaxing bubble bath
7. Do a face and/or a hair mask
8. Get a manicure or pedicure
9. Go for a massage
10. Go for a bike ride
11. Read a book
12. Take an afternoon nap
13. Go for a long walk or go for a hike
14. Take a scenic drive
15. Watch your favorite movie or catch up on a show you have been wanting to watch
16. Try a new recipe
17. Plan a staycation, and book a night at a nice hotel
18. Relax in the sunshine

19. Plan a fun lunch with a friend
20. Spend time decluttering or organization your home
21. Plan a game night with friends
22. Do some yoga
23. Do a fun activity that you have never done before
24. Spend an afternoon at a museum
25. Take a break from social media
26. Organize your home office
27. Get a blow out or get your makeup done for fun
28. Do something creative, like take photos, paint, or draw
29. Plan a dinner party
30. Bake something fun
31. Buy fresh flowers at the farmer's market
32. Play with your dog at the park
33. Get a facial or start a new skin care routine
34. Buy yourself a little gift
35. Work on a new project
36. Dance to your favorite songs
37. Spend time with your loved-ones
38. Plan a trip somewhere
39. Make a list of your dreams and goals
40. Make a checklist for the following week

Make and Share Free Checklists
checkli.com