

Backpack of Resources

Self-Care - Daily Practice

Affirmations

Gratitude Journal

Write a weekly love letter to yourself.

Create a daily self-love journal.

Go on a date with yourself.

Have a spa day.

Get a massage.

Surround yourself with positive people.

Release all criticism from your life.

Forgive yourself.

Create boundaries.

You are unique. Don't compare yourself to others.

Get organized and clear the clutter.

Mediate

Journal

Exercise

Yoga

Eat healthy and clean.

Create a sleep routine.

Take a nap.

Have alone time.

Start a new hobby.

Work on a hobby/creative project.

Dance around the house with the music blaring.

Listen to relaxing music.

Light a candle and relax.

Get a pedicure or manicure.

Loofa your body in the shower.

Take a bubble bath.

Read a good book.

Pick or buy fresh flowers.

Take a walk.

Sit out in nature.

Infuse essential oils.

Sing out loud.

Pet a dog or cat.

Wear an outfit that makes you feel good.

Color/Draw/Paint

Watch funny movies or videos that make you laugh.

Hug someone/pillow/stuffed animal.