



SELF

*SIMPLE LOW
COST TIPS TO
PRIORITIZE
YOUR
WELLNESS!*

CARE

“You owe yourself the love that you so freely give others.” – Unknown

1. Take a 15 minute walk without your phone.
2. Watch one episode of your favorite TV show or movie.
3. Cook a meal for yourself.
4. Go to bed an hour earlier than usual.
5. Write down 3 things you're grateful for.
6. Do at least 25 minutes of exercise.
7. Light a candle and relax when you get home.
8. Make a DIY mask and try it out.
9. Complete a crossword or Sudoku puzzle.
10. Eat an apple/banana or other piece of fruit.
11. Give yourself a manicure/pedicure.
12. Spend 15 minutes organizing a space in your home.
13. Drink 8 glasses of water.
14. Text a friend to let them know why they matter to you.
15. Spend time watching funny videos.
16. Watch a sunset or sunrise.
17. Spend 10 minutes doodling or drawing – even if you think you can't.
18. Write down a quote or something powerful you heard today.
19. Spend some time watching the clouds.
20. Start your morning with a smoothie.
21. Bake something.
22. Give yourself a foot rub.
23. Write down something you did today that made you feel proud.
24. Create a list of books to read, movies to watch, or places to go.
25. Spend the evening off the internet.
26. Read for 15 minutes before bed.
27. Write down at least 3 things you love about yourself.
28. Do a random act of kindness for someone.
29. Watch a YouTube video of something you have always wanted to learn.
30. Go out and have fun with a close friend!