



52 Acts of Self-Care  
for 2023

- List three things that you appreciate about yourself.
- Put your phone out of reach for one hour and resist the urge to check it.
- Take a guilt-free nap.
- Start a compliments notebook. Write down the wonderful things people say about you to read later, especially when you need a pick-me-up.
- Do a mini-declutter. Donate three things from your closet that you don't love or wear regularly.
- Be still. Sit somewhere green, and be quiet for a few minutes.
- Inhale an exhilarating scent - flowers, essential oils, herbs, whatever moves you.
- Soak up some Vitamin D. Sit in the sun for 15 minutes and feel it caressing your skin.
- Create a home spa. Put on some music, light a candle, take a long bubble bath, sit around in your bathrobe, and read a magazine.
- Learn a new skill. There are YouTube tutorials on just about everything! :-)
- Meditate for 15 minutes.
- Write down an accomplishment that you are proud of, and let yourself feel that happiness.
- Imagine you're your best friend. What would you tell yourself right now? Look in the mirror and say it.
- Pick or buy fresh flowers for yourself.
- Get up to watch the sunrise. Make coffee, get a snuggly blanket, and just enjoy it.
- Build a puzzle.
- Be mindful during an activity that you usually do on autopilot, for example, brushing your teeth.
- Take a brisk walk outside, or go up and down a flight of stairs 3 times.
- Smile for 20 seconds. Smiling can elevate your mood, reduce stress, and help you feel better.

"If you don't love  
yourself,  
nobody will.  
Not only that, you  
won't be good at  
loving anyone else.  
Loving starts with  
the self."

—WAYNE DYER

- Sit outside on a clear night and look for shooting stars.
- Color or paint a picture.
- Write a letter to your younger self. What do you know now that younger you would be amazed by?
- During your morning or evening routine, take a few extra moments to brush your hair slowly or massage your scalp. Brush a few more times than you need to; this, too, can be self-care.
- Sit in a library or coffee shop and just enjoy the ambiance.
- Make yourself a cup of tea and unsubscribe to every unnecessary email list. Clear your inbox so future you can clear their mind.
- Write down 3 things you are thankful for every day.
- Have a park day without your phone (I love to bring a craft, a book of poetry, and a tasty snack).
- Take exactly the type of shower you want to take. Long, short, hot, cold, filled with luxurious products or affordable bar soap; bathe and refresh the body that helps you face the world.
- Declutter a spot in your house that has been bugging you.
- Sing your favorite song at the top of your lungs.
- Write a "It's done" list, like a to do list but for things you have already accomplished.
- Get a massage, whether its from a masseuse, your partner, or try out a self massage technique.
- Try a new hobby.
- Cuddle someone or something. Don't be afraid to ask for it!
- Research something that you have been wanting to learn more about.
- Set a reminder of a positive affirmation for yourself somewhere in the future— a week, a month, a year from now. ("Hey Siri, remind me in twenty days that everything will be okay.")
- Cuddle up with a warm blanket and a good book for an entire afternoon.

"Breathe. Let go.  
And remind  
yourself that this  
very moment is the  
only one you know  
you have for sure."

– OPRAH WINFREY

- Take the medicine, the vitamins, the supplements that serve you.
- Read old letters or cards from friends and loved ones.
- Spend some time outside barefoot "grounding" yourself.
- Have a fancy dinner, you don't need a reason other than that you are worthy of delicious and nutritious beautiful food.
- Memorize some encouraging scripture verses or poems. (Have you looked at our 52 Bible Verse list yet?)
- Reorganize your closet with this goal: I want to feel joy when I open this door. This isn't a chore that needs begrudgingly crossed off your list; it's engaging your creativity in order to enjoy your daily routines more thoroughly.
- Go for a color walk. Pick a color and follow objects with that color along you walk.
- Give yourself an at-home mani-pedi. Soak your hands and your feet, trim your cuticles, apply multiple layers of nail polish—give yourself the gift of thoroughness.
- Take a trip to your favorite place, whether its the little coffee shop down the road, or a waterfall deep in the woods.
- Try a yoga lesson, or just take the time to stretch and relax.
- Make a blanket fort with your couch cushions. Read a book by flashlight under your covers. Remember what it's like to be a kid again.
- Play a board game with your friends or family.
- Put your favorite music on and have a dance party with just you and your shadow.
- Wash your bedding, towels, robes, and curtains. Once you've re-fitted them in their proper places, breathe deeply. Remind yourself that stagnancy and sadness aren't permanent. We all just need a little tumble-dry sometimes.
- Find a quiet space to pray; you don't have to be of a specific religious persuasion to converse with the universe.