

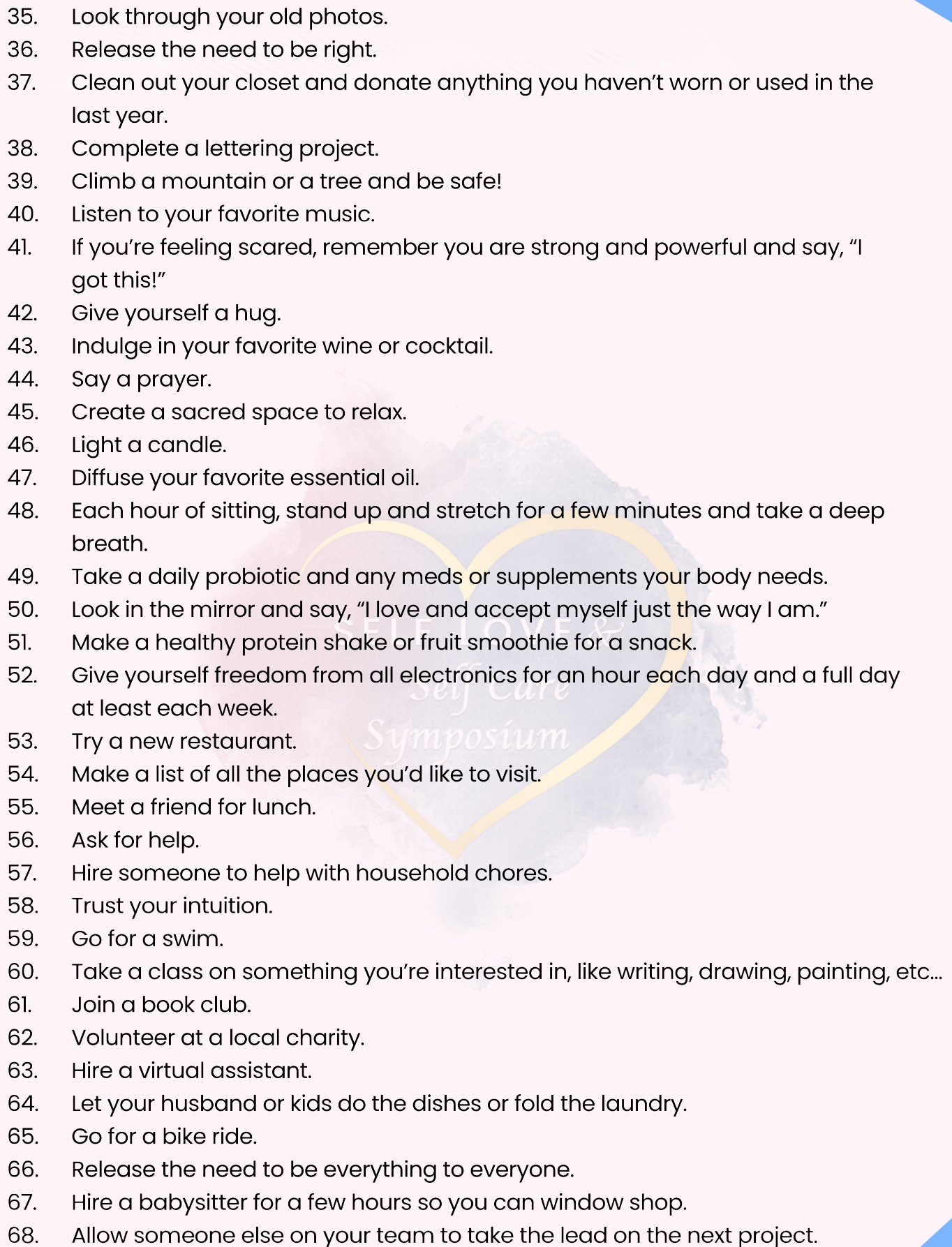
A little self love & self care goes a long way!

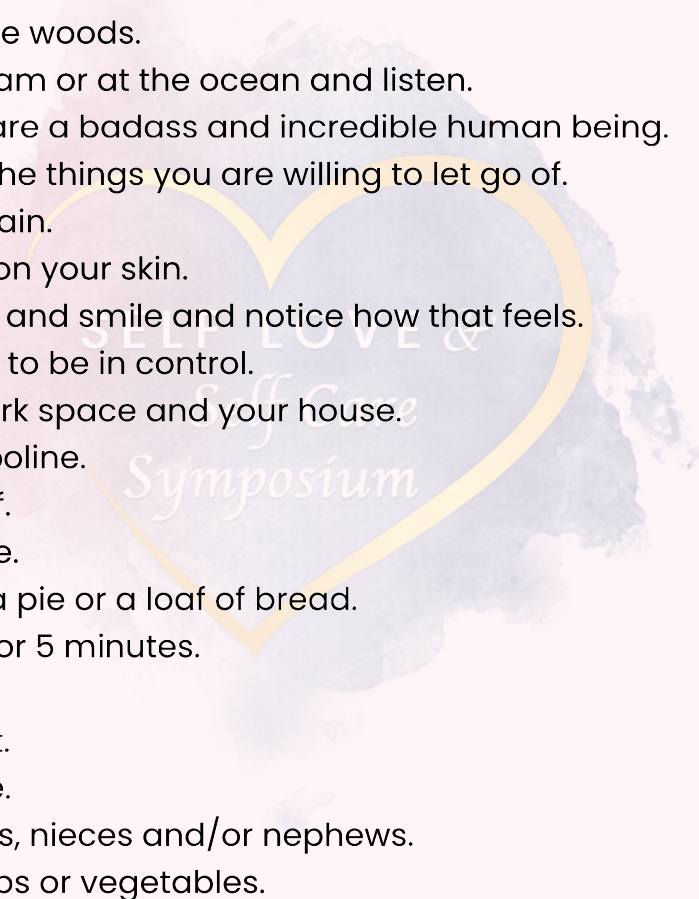
— HOSTED BY BROOKE EMERY & TAMMY LAWMAN —



101 WAYS TO EXPAND SELF LOVE & SELF CARE

1. Take a deep breath and release the tension in your body.
2. Meditate for 10 minutes.
3. Write down your thoughts in a journal or notebook.
4. Eat a vegetable at every meal.
5. Look in the mirror and say, "I am loved and I am lovable."
6. Get out in nature - go for a walk in the park or near a lake or mountains or trees.
7. Draw a picture, even if it's silly.
8. Color a heart mandala.
9. Get a manicure and/or pedicure.
10. Take a nap.
11. Schedule a doctor's appointment.
12. Get a massage.
13. Look in the mirror and tell yourself, "I am worthy of all good things."
14. Get lunch away from your desk or outside your office.
15. Talk with a friend.
16. Go to the gym.
17. Read a book.
18. Brew and sip a cup of tea.
19. Take a yoga class.
20. Take a Pilates class.
21. Fill in the blank. I am worthy and deserving of _____.
22. Walk the dog.
23. Release the need to feel responsible for other people's happiness. You are only responsible for your own happiness.
24. Sit on the couch and pet your cat.
25. Look in the mirror and tell yourself "I love you."
26. Drink plenty of water.
27. Indulge in a piece of chocolate or a small serving of your favorite dessert.
28. Watch an inspiring Tedx Talk or a favorite YouTube Channel video.
29. Scrapbook.
30. Take photos of your loved ones or fur babies.
31. Look in the mirror and say to yourself, "I am awesome!"
32. Take a day off from work and just veg.
33. Enjoy a cup of coffee.
34. Have a light breakfast of fruit and yogurt.

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35. Look through your old photos.
 36. Release the need to be right.
 37. Clean out your closet and donate anything you haven't worn or used in the last year.
 38. Complete a lettering project.
 39. Climb a mountain or a tree and be safe!
 40. Listen to your favorite music.
 41. If you're feeling scared, remember you are strong and powerful and say, "I got this!"
 42. Give yourself a hug.
 43. Indulge in your favorite wine or cocktail.
 44. Say a prayer.
 45. Create a sacred space to relax.
 46. Light a candle.
 47. Diffuse your favorite essential oil.
 48. Each hour of sitting, stand up and stretch for a few minutes and take a deep breath.
 49. Take a daily probiotic and any meds or supplements your body needs.
 50. Look in the mirror and say, "I love and accept myself just the way I am."
 51. Make a healthy protein shake or fruit smoothie for a snack.
 52. Give yourself freedom from all electronics for an hour each day and a full day at least each week.
 53. Try a new restaurant.
 54. Make a list of all the places you'd like to visit.
 55. Meet a friend for lunch.
 56. Ask for help.
 57. Hire someone to help with household chores.
 58. Trust your intuition.
 59. Go for a swim.
 60. Take a class on something you're interested in, like writing, drawing, painting, etc...
 61. Join a book club.
 62. Volunteer at a local charity.
 63. Hire a virtual assistant.
 64. Let your husband or kids do the dishes or fold the laundry.
 65. Go for a bike ride.
 66. Release the need to be everything to everyone.
 67. Hire a babysitter for a few hours so you can window shop.
 68. Allow someone else on your team to take the lead on the next project.

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69. Go to the pool or the beach and hang out for a couple of hours.
 70. Make a list of all the things you love about yourself.
 71. Look up at the stars and the moon.
 72. Get your hair done.
 73. Tell someone you love them.
 74. Go for a drive with the windows down and the music up.
 75. Dance as if no one is watching.
 76. Watch funny cat and animal videos online.
 77. Put on your most comfortable lounging pajamas and watch a movie.
 78. Sing your favorite song as loud as you like.
 79. Visit your local park or forest.
 80. Go for a hike in the woods.
 81. Sit by a river, stream or at the ocean and listen.
 82. Tell yourself you are a badass and incredible human being.
 83. Make a list of all the things you are willing to let go of.
 84. Stand out in the rain.
 85. Feel the sunlight on your skin.
 86. Look in the mirror and smile and notice how that feels.
 87. Release the need to be in control.
 88. Organize your work space and your house.
 89. Jump on a trampoline.
 90. Play tennis or golf.
 91. Ride a motorcycle.
 92. Bake cookies, or a pie or a loaf of bread.
 93. Close your eyes for 5 minutes.
 94. Sleep in.
 95. Skip your workout.
 96. Read a magazine.
 97. Play with your kids, nieces and/or nephews.
 98. Plant flowers, herbs or vegetables.
 99. Take a trip.
 100. Let go of anything that no longer serves you.
 101. Forgive yourself and others.

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