

- 30 days of self care -

1 Print pictures & display them somewhere.	2 Drink coffee in bed.	3 Wear your favorite outfit to work.	4 Read for pleasure.	5 Have a dance party.	6 Bake something yummy.	7 Get out in nature.
8 Write a letter to yourself or a loved one.	9 Meditate.	10 Take back your morning.	11 Buy your favorite wine. Have a glass.	12 Light a new candle.	13 Turn off your phone for 30 minutes.	14 Take a bubble bath or long shower.
15 Treat yourself to breakfast.	16 Pop champagne. Just because.	17 Write a bucket list.	18 Wear lipstick. Or ditch makeup all together.	19 Plan a trip.	20 Visit your favorite coffee shop.	21 Have dessert.
22 Write a gratitude list.	23 Cook dinner. Or order out from your favorite place.	24 Buy yourself flowers.	25 Do your nails or get them done.	26 Wear your favorite workout outfit & actually workout.	27 Watch your favorite trashy TV show.	28 Go to church. Pray. Or just sit quietly.
29 Do a face mask.	30 Take time to reflect & journal.	<p>- invest in yourself -</p>				