



Self-Care Ideas for Extraordinary Women

- time alone reflecting
- time with God in prayer and worship
- time in the Word of God
- read a good book or article
- do a bible study
- take a nap or put your feet up
- take deep breaths
- do yoga or gentle stretching
- color in an adult coloring book
- see the chiropractor
- get a massage, facial, mani or pedi
- buy something you need or want (within reason and the budget)
- travel (day trip or overnight)
- date night with your love or a night out with your inner circle ladies
- creative expression through art
- creative expression through music
- creative expression through dance
- creative expression through writing
- set healthy boundaries in your relationships
- journal your feelings
- prepare healthy meals or snacks for the week ahead
- pet a fur baby
- hold a real baby (and kiss him of course!)
- stop and take a coffee or tea break
- bake for the neighbors and deliver the goods yourself
- start a Gratitude Journal and write in it daily
- use essential oils/take your supplements
- sit in nature by a lovely view or a body of water
- go for a scenic drive with alone or someone you enjoy
- take a hot bath
- plant a garden
- build something
- take that class you've wanted to take forever
- call a friend
- look your best so you can feel your best
- do ONE thing each day to get closer to your fitness/health goals
- attend a retreat, conference, or event that will develop you personally or professionally
- make a daily decision to forgive others
- make a daily decision to forgive yourself
- read or listen to material that offers wisdom for your situation
- find a coach/mentor (who can relate to your struggle and has the wisdom that you need)
- have FUN and LAUGH
- enjoy loved ones
- see a movie
- get your workout in
- go for a walk or run
- go for a bike ride—OR a Harley ride ☺
- YOUR Cup O' Tea here: