



## Love Yourself!

### 33 Fun Ideas to Enjoy Your Self Care Playdates

- Unplug. Disconnect from all electronics.
- Breathe. Inhale. Exhale. Become aware from within.
- Become mindful.
- Watch your fav movies with your bff.
- Hike.
- Walk by yourself or with your dog.
- Swim like a dolphin.
- Draw yourself happy.
- Meditate~even if it's just 5 minutes of solitude and stillness.
- Dance like nobody is watching.
- Practice Yoga.
- Eat well.
- Drink lots of water.
- Get rest. Sleep. Take a nap..Even if it's just 15 minutes!
- Give yourself or get a massage with your favorite essential oil.
- Call someone you love- (don't just text)
- Write a letter with a real pen and paper/ no typing.
- Start a journal and write yourself a letter or a poem today.
- Color outside the lines.
- Make jewelry...a little necklace, a charm or a fun bracelet.
- Doodle yourself being totally loved.
- Make a collage and add a glitterfying touch.
- Spark creativity.
- Skip to your favorite tune.
- Play Hop Scotch.
- Paint your nose red and pretend to be a clown.
- Laugh at yourself.
- Take yourself lightly.
- Plan a date night with someone you love.
- Plant a garden...one seed at a time.
- Play in the mud.
- Jump in a puddle.
- Splash Joy.
- Dance in the rain.
- Have a lip synch contest- (ala jimmy Fallon)
- Stand up comedy: write 3 jokes and then tell them out loud.
- Get your fav flowers and make an arrangement by you for you.
- Love yourself as much as you can!!!

**It only takes a few minutes every day.**

**Create a habit of loving yourself!**

**You can do it! Start today!**