

SELF-CARE LIST for the feminine allure

- Pray
- Bathe/Shower
- Exercise: arms, butt, abs, thighs, waist, back, knees and toes, knees and toes. Lift weights according to your doctor's advice.
- Do nails
- Trim eyebrows
- Buy new clothes, i.e. a new dress
- Get rid 3 things you no longer need or care for
- Get your fav perfume
- Eat nutritious, plant- & water-rich food
- Hit the gym
- Learn something new
- Watch a TED talk
- Jump on a trampoline
- Go climbing
- Go to a seminar
- Try a new sport
- Go to a museum
- Go on vacations at least every 3-4 months
- Plan a weekend away from home
- Go on an adventure
- Hug yourself
- Give yourself an honest applause
- Go for a swim
- Go to the sauna

- Go to a spa
- Celebrate & learn from "failure moments"
- Use face creams
- Brush your teeth 2-3 times after a meal. No brush? Hello, sugar-free gum!
- Use body creams
- Have a facial
- Have a manicure
- Have a pedicure
- Sleep 7-9 hours per day
- Cook
- Bake
- Enjoy a meal with loved ones
- Receive a massage, you deserve it hon!
- Practice self-massage: massage your hands or feet
- Remove hair from unwanted areas. Girl... ALL
- Turn your phone off for a day. The world won't end.
- Keep away from the computer. I saw that!
- Dance for you!
- Journal
- Scribble
- Clean up one room of the house
- Do the dishes
- Observe people and animals
- Buy a new book that appeals to you: audio, digital, paper
- Put on make-up: lipstick, mascara and blush usually do it
- Experiment with something new
- Write 3 things you love about yourself

- Write 3 victories in the last month and put them in your treasure vault
- Write 3 things that made your day
- Write a positive affirmation about yourself, engage your body and mind and practice it
- Buy new shoes
- Be kind to yourself
- Loosen up your "musts" & "shoulds"
- Meditate
- Drink 2 L of H₂O every day
- Go to the hairdressers'
- Be in nature
- Use a hair mask once per week
- Allow your hair to be natural
- Allow your face to be natural
- Get flowers
- Decorate your place, home or work
- Buy new, sexy, jaw-dropping underwear
- Talk to a friend
- Talk to a coach
- Go to a workshop
- Go to the movies
- Go window-shopping
- Have your make up done professionally
- Do something creative and create your own art
- Do something spontaneous
- Do something that is on your bucket list
- Do something you have been meaning to do but kept putting it off
- Day dream ☺

- Apply an eye mask once or twice a week
- Moisturize every day
- Have a bubble bath
- Ride the bike
- Choose a new way to work
- Go to the dentist's twice a year
- Have a general health check-up once a year (GP, gynaecologist)
- Meet new people with same or completely different interests than you
- Hand letter
- Paint
- Draw mandalas
- Do puzzles
- Solve crosswords and sudokus
- Do a diamond painting
- Play an instrument, or learn to play one
- Sing or take a singing course
- Go to the opera
- Dress up fancy & sexy for you
- Smell awesome!
- Do your body scrub 2-3 times a week
- Learn a new language
- Join or create a support group
- Wash your hands
- Take vitamins daily
- Pain? Find the cause and treat it
- Create a healthy habit list (7 habits max.) and follow through
- Reward yourself in a way that doesn't involve calories or money

- Practice mindfulness
- Do more and be more of what keeps your mind and body healthy
- See, be, talk and touch more of the people that make you happy
- Define your "No-nos" and stick to them
- Go sky-watching: clouds, moon, sun, rainbows
- Take 9 deep breaths
- Practice progressive muscle relaxation by Jacobson
- Take a 5-15 minute nap
- Watch a comedy show or cartoon (Boss baby, I hear?)
- Be at peace for 10 minutes
- Embrace your naked body
- Go geo-catching
- Strike a pet
- Practice naming emotions
- DIY time
- Listen to music that keeps your spirits up
- Call your family
- Learn how to sew
- Get your blog on
- Do something silly
- Make a collage
- Ask for help
- Start your own planner
- Attend a concert
- Sleep in
- Zumba, Pilates or Yoga?
- Take a defence class

- Take a Basic Life Support Class
- Work in the garden
- Read and memorize an inspirational quote
- Add a person to your "Inspiration, Idols & Heros" list
- Add something new on your vision board
- Practice your photography and video skills
- Make up a secret language with your loved one
- Make up a game
- Learn a new game
- Send a postcard
- Write a letter to your future self
- Write a thank you note
- Write a letter to your mom or dad
- Write a love letter
- Write a forgiveness letter
- Teach something
- Swing
- Write a song or a poem
- Stop an addiction when you are ready and replace it with something healthier
- Use a warm or cold compress to release pain or stress
- Be selfish and plan your "Me Time". You deserve it!
- Write down 3 small things you are grateful for
- Take a hike
- Go camping
- Practice healthy sleep hygiene
- Organise, plan, set goals
- Be attentive to your body, thoughts, and emotions 2-3 times per day

