

50 IDEAS TO PROMOTE SELF-LOVE

1. Paint your nails a vibrant color
2. Go for a walk
3. Workout at home/gym
4. Take a deep mindful breath
5. Write down your goals
6. Make a vision board
7. Read a self-improvement book
8. Take the time to Meditate
9. Bake something
10. Take a long drive
11. Watch your favorite movie
12. Enjoy a quiet cup of tea
13. Watch youtube videos
14. Meal prep for the week ahead
15. Put on a face mask
16. Get a new tattoo
17. Binge watch a NEW show
18. DIY something
19. Explore new stores
20. Eat something HEALTHY
21. Get a new piercing
22. Add to your shopping cart
23. Sort through clothes
24. Internet Surf on things you like
25. Decorate your walls
26. Sort through your phone's gallery
27. Explore a new city
28. Order groceries
29. Rearrange your home
30. Sit at a coffee shop & people watch
31. Sit out in the patio & enjoy the view
32. Add jewelry/accessories to compliment your outfit
33. Make coffee & sip away
34. Write out your schedule for the week
35. Do your something creative to your hair
36. Take a longgggg nap
37. Listen to flashback music that brings positive memories
38. Donate stuff you no longer want/use
39. Go strawberry picking
40. Visit a museum or gallery
41. Deep clean your kitchen/bathrooms
42. Doll yourself up! (makeup)
43. Put new photos on the wall
44. Light up candles in the house
45. Put on your favorite signature perfume
46. Go on a social media break
47. Take a bath - Light candles/Cue Music
48. Go to a 5 star spa
49. Draw/write in your journal
50. Cleanse/Organize your makeup

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