



35 little boxes of self-care

Self-care doesn't have to be complicated. Here you'll find a variety of activities to make sure you are paying attention to yourself for **at least** 5 minutes every day

<input type="checkbox"/> Move your body for 15 minutes	<input type="checkbox"/> Clean one area for 10 minutes	<input type="checkbox"/> Write 3 things you're grateful for today	<input type="checkbox"/> Listen to your favorite song(s)	<input type="checkbox"/> Spend at least 15 minutes outside	<input type="checkbox"/> Create a morning routine	<input type="checkbox"/> Try a 5 minute meditation (YouTube or app)
<input type="checkbox"/> Eat your favorite snack	<input type="checkbox"/> Stretch for 5-10 minutes	<input type="checkbox"/> Identify one boundary you need to set	<input type="checkbox"/> Do something creative for 15 minutes	<input type="checkbox"/> Drink 8 glasses of water	<input type="checkbox"/> Take a break from one social media app	<input type="checkbox"/> Watch your favorite movie / TV show
<input type="checkbox"/> Pamper yourself (ie. manicure, face mask)	<input type="checkbox"/> Get 7-8 hours of sleep	<input type="checkbox"/> Take a walk or practice yoga	<input type="checkbox"/> Schedule to do something with a loved one	<input type="checkbox"/> Write or doodle in a journal	<input type="checkbox"/> Spend 30 minutes reading for pleasure	<input type="checkbox"/> Cook or order your favorite meal
<input type="checkbox"/> Practice one grounding technique	<input type="checkbox"/> Call or text someone you love	<input type="checkbox"/> Clean out your texts / emails	<input type="checkbox"/> Practice mindfulness for at least 5 minutes	<input type="checkbox"/> Clean one area for 20 minutes	<input type="checkbox"/> No phone for one hour before going to sleep	<input type="checkbox"/> Do your favorite activity
<input type="checkbox"/> Set a goal for yourself this week	<input type="checkbox"/> Listen / dance to a playlist with "feel good" music	<input type="checkbox"/> Pay yourself a compliment	<input type="checkbox"/> Get a hug (from someone, a pet, yourself)	<input type="checkbox"/> Give a hug (to someone, your pet, yourself)	<input type="checkbox"/> Go on a date with yourself or someone else	<input type="checkbox"/> Visit a new place

