20 Ways to Nurture Yourself TODAY

A list of things you can do TODAY to Nurture Yourself. Keep this list as a reminder to take care of yourself. You will definitely find some favorites to repeat!



- ◯ Exercise Daily - try something new if you already do
- ◯ Get a Massage
- ◯ Call A Friend/Connect with someone you have lost touch with
- ◯ Take a Nap
- ◯ Read a Book you have been meaning to read
- ◯ Go through old photographs
- ◯ Meditate or take 15 minutes for yourself and DO NOTHING
- ◯ Get a Manicure or Pedicure or Facial
- ◯ Do something positive for your health
- ◯ Volunteer
- ◯ Reconnect with your Life's Goals
- ◯ Plan Lunch or Dinner with a Friend
- ◯ Listen to your favorite music or download something new
- ◯ Learn something new
- ◯ Read an Inspirational or Self Help book
- ◯ Take a walk
- ◯ Go for a bike ride

- [ ] Go play with animals at a shelter or pet store
- [ ] Drink chamomile tea and sit quietly
- [ ] Write a letter to your younger self
- [ ] Join our Facebook Group: https://www.facebook.com/groups/nurtureyourdestiny/?ref=group_browse_new
- [ ] Schedule a Strategy Session with Heather: http://meetme.so/Nurtureyourdestiny

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