

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!



Nurture
Your Destiny

- 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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