

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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