

Self-Care Saturday

It's been a busy week and life can be stressful. When you are feeling like everything is on your shoulders, it might be time to do a little self-care. Here's a list of 40 self-care ideas. Enjoy!



- 1 Sleep in! Getting a good night's sleep is good for the soul
- 2 Take a work out class
- 3 Enjoy a coffee at a coffee shop
- 4 Go out for breakfast for brunch
- 5 Listen to your favorite music or play some relaxing sounds
- 6 Take a relaxing bubble bath
- 7 Do a face and/or a hair mask
- 8 Get a manicure or pedicure
- 9 Go for a massage
- 10 Go for a bike ride
- 11 Read a book
- 12 Take an afternoon nap
- 13 Go for a long walk or go for a hike
- 14 Take a scenic drive
- 15 Watch your favorite movie or catch up on a show you have been wanting to watch
- 16 Try a new recipe
- 17 Plan a staycation, and book a night at a nice hotel
- 18 Relax in the sunshine

- ☐ 19 Plan a fun lunch with a friend
- ☐ 20 Spend time decluttering or organization your home
- ☐ 21 Plan a game night with friends
- ☐ 22 Do some yoga
- ☐ 23 Do a fun activity that you have never done before
- ☐ 24 Spend an afternoon at a museum
- ☐ 25 Take a break from social media
- ☐ 26 Organize your home office
- ☐ 27 Get a blow out or get your makeup done for fun
- ☐ 28 Do something creative, like take photos, paint, or draw
- ☐ 29 Plan a dinner party
- ☐ 30 Bake something fun
- ☐ 31 Buy fresh flowers at the farmer's market
- ☐ 32 Play with your dog at the park
- ☐ 33 Get a facial or start a new skin care routine
- ☐ 34 Buy yourself a little gift
- ☐ 35 Work on a new project
- ☐ 36 Dance to your favorite songs
- ☐ 37 Spend time with your loved-ones
- ☐ 38 Plan a trip somewhere
- ☐ 39 Make a list of your dreams and goals
- ☐ 40 Make a checklist for the following week

Make and Share Free Checklists
checkli.com