

SELF-CARE BUCKET LIST

- Plan a Solo Date
- Try a 'Tech-Free Morning'
- Create a Bedtime Ritual
- Take a New Fitness Class
- Build a 'Comfort Movie' List
- Treat Yourself to Fresh Flowers
- Learn Something Totally Random
- Have a DIY Spa Day
- Go Somewhere You've Never Been in Your Own City
- Unapologetically Rest
- Start a 'Joy Journal'
- Have a Picnic—Even if it's in Your Living Room
- Try a New Morning Beverage
- Do a Mini Closet Refresh
- Listen to Music From Your Teenage Years
- Book a 'Mental Health Day'
- Cook (or Order) a Meal You've Never Tried Before
- Watch the Sunrise or Sunset
- Make a Vision Board
- Try a Random Act of Kindness