

# ACTS OF KINDNESS TO YOURSELF

## SUGGESTIONS FROM KAREN DEAN

1. Go to bed an hour early
2. Eat a healthy meal
3. Write yourself a love note
4. Buy yourself flowers
5. Get a massage
6. Get a manicure or pedicure
7. Forgive yourself for something you have been holding on to
8. Go for a walk
9. Drink 8 cups of water
10. Read a book
11. Stop watching the news
12. Turn off the TV and do something that will get you closer to a goal that you have
13. Start a hobby that you enjoy
14. Go out for dinner with a friend
15. Take yourself out for dinner - alone
16. Write in your journal
17. Practice gratitude
18. Pay off your debt
19. Put some money in savings regularly
20. Meditate
21. Take a nap
22. Take a day off of social media
23. Turn off all electronics for 24 hours
24. Take a bubble bath
25. Have a candlelit dinner
26. Go on a picnic
27. Listen to music that brings you joy
28. Sing
29. Dance
30. Watch the sunset or sunrise



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31. Snuggle with a pet
32. Swing on a swing
33. Colour or draw
34. Fix something small that you have been avoiding fixing
35. Take 10 nice deep breaths
36. Go outside and sit in the sun for 15 minutes
37. Walk barefoot in the grass
38. Celebrate little wins
39. Listen to a podcast that inspires you or teaches you something
40. Be a tourist in your local community for a day
41. Make your favourite meal
42. Go to therapy
43. Make post-it notes with inspirational quotes or sayings on them and post them around your house
44. Play with your kids
45. Go sit by water
46. Stop and smell some flowers
47. Find a place that doesn't have light pollution and stargaze
48. Build a snowman
49. Do something that scares you
50. Declutter a closet or your dresser
51. Stop comparing yourself to others
52. Unsubscribe from unwanted emails
53. Clean out your email inbox
54. Make your bed
55. Watch TedTalks or inspiring YouTube videos
56. Volunteer
57. Say no to things that don't make you happy
58. Stop complaining
59. Ask for help
60. Laugh

