

ACTIVITIES FOR IMPROVING RELATIONSHIP WITH SELF

Creativity

Drawing
Painting
Photography
Organizing
Scrapbooking
Sewing/knitting/crochet

Mental Best Friend

Daydream
Meditate
Prayer
Affirmations
Reflect on lessons/success
Relaxation
Exercise

Schedule

Get up earlier
Stay up late
Sleep in without judgment
Add self-care into your day
Eat meals consistently
Drink water consistently

Move Your Beautiful Body

Go for a walk
Go for a run
Go for a swim
Yoga
Cycling
Exercise videos
Stretch

Move Your Mind

Learn something new
Learn a new skill
Watch tutorial videos
Conversations with friends

Cook

Cook a delicious meal for yourself
Cook a meal for a friend
Baking
Try a new recipe
Try a recipe specific to your culture

Check-in with/Expand Your Tribe

Contact a friend
Dating with intention
Date with friends
Call a friend and have fun
Reconnect with an old friend
Send a message to a friend
View funny pictures of you & friends

Explore Your Inner Self

Update your "Who am I"
Body scan and label
Who is showing up right now?
Interact with your inner child
Interact with an inner teen
Interact with an inner adult
Update the YOU that you strive for

Connect with Your Body

Body Scan
Tense and relax muscles
Stretch for 10 minutes
Yoga
Self-Play
View self in the mirror
Body affirmations
Spa day for body

Kindness

Assist a friend/neighbor/stranger
Do someone a favor
Plan an event for someone
Make a list of your strengths
Make small gift bags for friends

Clean

Clean the House
Do Chores
Clean cupboards/baseboards
Do Laundry
Cut the grass
Dust
Clean the energy of the home

Creativity

Write a letter to self
Journal
Make a new dish
Do something new
Write down your interests in life
Virtually design a room
Work on a new concept of interest