

DIY SELF CARE RITUAL

Self Care Ritual

REST • RENEW • RECHARGE



You can't pour from an empty cup.
Taking time for yourself is not selfish—it's essential. This simple self care ritual will help you relax your mind, nourish your body, and uplift your spirit.
You deserve this time for **YOU!**

Self care
is how you
take your power
back.

CREATE YOUR SPACE

- ♥ Find a quiet, comfortable space
- ♥ Dim the lights or light a candle
- ♥ Play soft music
- ♥ Put your phone on silent
- ♥ Make it cozy and inviting
- ♥ Let this be YOUR special time



*Your space sets the tone
for your self care time.*

YOUR SELF CARE RITUAL

- 1 BREATHE & BE PRESENT**
Take 5 slow, deep breaths.
Let go of stress and be here now.
- 2 HYDRATE**
Drink a glass of water or herbal tea. Nourish your body.
- 3 PAMPER YOUR BODY**
Take a warm bath or shower.
Use your favorite scrub, mask, or body oil.
- 4 LOVE YOUR SKIN**
Moisturize, apply a face mask, or give your skin the care it deserves.
- 5 NOURISH YOUR BODY**
Enjoy a healthy snack or smoothie that makes you feel good.
- 6 FEED YOUR MIND & SOUL**
Read, journal, meditate, pray, or listen to uplifting content.
- 7 REFLECT & BE GRATEFUL**
Write down 3 things you're grateful for today.

*Little steps. Big impact.
Do it for you.*

IDEAS TO INSPIRE YOU

- ♥ Take a relaxing bath with Epsom salt and dried flowers
- ♥ Do a face mask or hair treatment
- ♥ Give yourself a hand or foot soak
- ♥ Stretch, do yoga, or take a walk
- ♥ Write in a journal
- ♥ Listen to a guided meditation
- ♥ Declutter a small space
- ♥ Dance around your room!
- ♥ Do something that makes you smile!



*Do what makes your
heart happy.*

GRANDMA WENDY'S TIP

Schedule your self care like an important appointment.
Even 20 minutes a day can change your whole outlook.
You matter. Your well-being matters. Never forget that.



BENEFITS OF SELF CARE

- 🌸 Reduces stress and anxiety
- ☀️ Boosts mood and confidence
- 🧠 Improves focus and productivity
- 🌙 Promotes better sleep
- ⚡ Increases energy and motivation
- ♥️ Strengthens self love and resilience
- 👐 Supports overall health and happiness

AFFIRMATION FOR YOU

*I am worthy
of love, rest,
and all the good
things in life.*

With love,

Grandma Wendy

TheLadybugSpa.com

*You deserve this time.
You deserve **YOU!***

