

# Self Care Saturday

## 52 WEEKS OF IDEAS

- WEEK 1** -sleep in late      **WEEK 14** -exfoliate
- WEEK 2** -read a book      **WEEK 15** -moisturize
- WEEK 3** -get a facial      **WEEK 16** -paint a picture
- WEEK 4** -dine w/ friends      **WEEK 17** -detox soak
- WEEK 5** -try yoga      **WEEK 18** -go on a picnic
- WEEK 6** -go to movies      **WEEK 19** -buy yourself flowers
- WEEK 7** -walk in park      **WEEK 20**-call an old friend
- WEEK 8** -mani / pedi time      **WEEK 21** -get a planner
- WEEK 9** -meditate      **WEEK 22**-ride your bike
- WEEK 10**-bubble bath      **WEEK 23**-deep stretching
- WEEK 11** -get a massage      **WEEK 24** -sip herbal tea
- WEEK 12** -journaling      **WEEK 25** -do kegels
- WEEK 13** -unplug all day      **WEEK 26** -snuggle w/ dog



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**WEEK 27** -take a nap

**WEEK 40** -perfect a morning routine

**WEEK 28** -make fruit water

**WEEK 41** -do a puzzle

**WEEK 29** -delete Facebook 'friends'

**WEEK 42** -get a multivitamin

**WEEK 30** -pay it forward

**WEEK 43** -healthy meal plan

**WEEK 31** -date yourself

**WEEK 44** -aromatherapy candles

**WEEK 32** -binge on 'flix

**WEEK 45** -take the back road

**WEEK 33** -be selfish all day

**WEEK 46** -whiten your teeth

**WEEK 34** -volunteer

**WEEK 47** -try a bikini wax

**WEEK 35** -dance a little

**WEEK 48** -visit the library

**WEEK 36** -plan a vacay

**WEEK 49** -take a class

**WEEK 37** -declutter 1 room

**WEEK 50** -make a bucket list

**WEEK 38** -hair treatment

**WEEK 51** -create a vision board

**WEEK 39** -get sunshine!

**WEEK 52** -buy luxury sheets

