

Self-care bucket list

- Luxury bath experience with candles, drinks and bath bombs
- Put on your favorite music and have a dance party
- Mindfulness exercise in nature
- Picnic on the beach or another beautiful spot
- Write a love letter to yourself
- Plan a last-minute weekend getaway
- Watch the sunset or sunrise
- Participate in a creative class
- Talk to a friend about how you're feeling
- Leave a positive note for a stranger
- Attend a high tea or high wine
- Start a gratitude journal
- Forgive yourself for a mistake you made
- Go on a retreat
- Watch a Ted talk
- Treat yourself to dinner at a new restaurant
- Read a chapter from a book every night for a week
- Make a vision board
- Dress up for no reason
- Buy yourself some flowers
- Make yourself breakfast and eat it in bed
- Write down 5 positive affirmations
- Visit a cat cafe or animal shelter
- Book a massage or beauty treatment
- Host a dinner party for your favorite people
- Visit a local market
- Attend a cooking class
- Go floating
- Plan a road trip
- Go stargazing

