

Self-Care MENU

Create a menu with your favorite ways to practice self-care as well as things you want to try.

Starters

List ideas for self-care that you can do to start your day out right. Ideally, these things shouldn't take up too much time. Self-care starters should be bite-sized!

Examples: Coffee on the deck, daily inspirational reading, affirmations, etc.

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Seasonal Specials

Self-care that you can only do seasonally.

Examples: Sledding, sunbathing, spring picnic, autumn hayride, etc.

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Entrées

Self-care "mains," ways to recharge that you have more time to devote to.

Examples: Visit a museum, walk in the park, watch your favorite show, at-home spa day, etc.

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Entrées to Share

List self-care ideas that you can do with another person!

Examples: Exchange self-care menus to share ideas, trade massages with a loved one, play a game of chess, etc.

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Sides

Little things you can do for self-care that you can add to your daily routine.

Examples: Use your favorite pen, watch a funny TikTok, pat a dog, smile, etc.

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Desserts

Luxurious ways to treat yourself or indulge; use sparingly!

Examples: Get a mani/pedi, buy yourself something nice, etc.

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Beverages

Think *literally* for this section! List beverages (or frozen treats) that complement your self-care practices or that you can use to treat yourself.

Examples: A glass of your favorite fancy beverage, Starbucks Frappuccino, hot mulled cider, a milkshake, etc.

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Additional Ideas

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Notes

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

-Unknown

