

50 Things To Do For #SelfCareSunday

1. Meditate
2. Take your shoes off and walk on the beach
3. Sip organic herbal tea in the sun
4. Read an inspiring book
5. Take a long goddess bath with coconut oil, Epsom salts and lavender oil
6. Dry body brush that sexy bod of yours while you repeat the affirmation 'I love you'
7. Journal in the park
8. Lay on your fave rug in a park under a tree and stare at the clouds
9. Dance in your bedroom naked to your fave track that makes you feel like a sexy goddess
10. Take yourself to your fave yin yoga class
11. Cook your fave meal and eat it in total silence
12. Paint or draw
13. Defuse your fave essential oil and play with angel cards
14. Have an infrared sauna whilst listening to an inspiring podcast
15. Dive in the ocean
16. Make your fave dessert and eat it mindfully
17. Lather your body in coconut oil whilst saying 'You're amazing'
18. Turn off your phone for a few hours
19. Write down 10 things you are grateful for
20. Write yourself a love letter
21. Create a vision board for your life
22. Listen to your fave music and dance your tush off
23. Take a nap
24. Sunbathe
25. Try a new healthy recipe
26. Sleep in and don't set an alarm
27. Get a massage or give yourself a massage
28. Watch the sunrise or sunset
29. Take yourself to a gallery or museum
30. Watch a hilarious movie that makes you belly laugh
31. Watch an inspiring doco
32. Make something from scratch
33. Give yourself a coconut oil breast massage and appreciate the magnificence of your body
34. Get a mani or pedi sans the toxic nail polish
35. Lather your hair in a coconut oil hair mask
36. Take yourself to a day spa
37. Get grounded and walk on the grass barefoot
38. Go for a nature hike
39. Skinny dip
40. Stretch your body
41. Cut, file and buff your nails
42. Take yourself out to lunch without your phone
43. Do something you have never done before
44. Stare in the mirror and repeat 'I love you wholeheartedly and unconditionally'
45. Do your fave workout with love
46. Get acupuncture
47. Don't check emails or social media for the day
48. Do a pottery, art or flower crown making class
49. Get into bed at 8pm and read
50. Master your Mean Girl