

...it's all about me

20+ ideas on "me-time" and how to treat yourself

1. Read a good book
2. Take a long, warm bubble bath
3. Go for a leisurely walk with no time limit
4. Color, Paint, Draw or Sketch
5. Catch up on episodes of your favorite show
6. Watch a Chick Flick
7. Call a friend and catch up
8. Write about your feelings in a journal or diary
9. Define your goals for the next week, month, year
10. Work on a puzzle
11. Take a break from technology for the night
12. Create a bucket list of all the places you want to travel to
13. Cook or bake something for fun
14. Take time out to focus on your favorite hobby
15. Take a class because you *want* to about something that makes you happy
16. Go through your old photos and reminisce
17. Have a no-electronics day and reconnect with loved ones
18. Have a dance party
19. Take a spa-day
20. Get rid of anyone or anything toxic in your life
21. Figure out who/what inspires you
22. Meditate