Self-Care Idea List

WHAT SIGHTS REPLENISH MY SOUL?

- ☐ Sunrise
- ☐ Sunset
- ☐ Moonlight
- ☐ Beautiful pictures
- ☐ Nature and landscapes
- ☐ Watching children play
- ☐ _____
- ☐ _____
- ☐ _____

WHAT SOUNDS DO I ENJOY HEARING?

- ☐ Music
- ☐ Birds singing
- ☐ Water flowing
- ☐ Ocean waves
- ☐ Rain falling
- ☐ Children laughing
- ☐ _____
- ☐ _____
- ☐ _____

WHAT SMELLS ARE REFRESHING?

- ☐ Fresh flowers
- ☐ Herbs like rosemary
- ☐ Citrus
- ☐ Peppermint
- ☐ Cucumber
- ☐ Cinnamon
- ☐ Summer rain
- ☐ Baked breads
- ☐ Mountain air
- ☐ Sea breezes
- ☐ _____
- ☐ _____

WHAT TASTES DO I MOST ENJOY?

- ☐ A cup of tea or coffee
- ☐ A piece of chocolate
- ☐ My favorite dessert
- ☐ Honey
- ☐ Ginger
- ☐ Fresh berries
- ☐ A delicious meal
- ☐ _____
- ☐ _____

WHAT RELAXES ME?

- ☐ Taking a walk or hiking
- ☐ Reading a great book
- ☐ Getting a massage
- ☐ Calling a friend
- ☐ Doing something creative
- ☐ Baking
- ☐ Writing a letter
- ☐ Gardening
- ☐ Walking my dog
- ☐ Worshiping with others
- ☐ Taking a nap
- ☐ Relaxing in a bubble bath
- ☐ Playing a musical instrument
- ☐ _____
- ☐ _____
- ☐ _____