

# SUNDAY SELF CARE ROUTINE

- Create a to-do list in your bullet journal.
- Go grocery shopping.
- Light a scented candle.
- Get started on work projects.
- Cook a yummy meal.
- Work on skincare.
- Do something creative -- write or doodle!
- Exercise.
- Run errands.
- Treat yourself to a gift, like a new band tee!
- Play with makeup.
- Meal prep for the week.
- Write down five goals you want to get done this week.
- Watch YouTube videos from your fave creators.
- Call your best friend and vent.
- Get some fresh air.
- Grab an ice cream cone from a local shop.
- Read a novel.
- Hang out with your pet.
- Write an entry in your diary.
- Do your nails.
- Sit in silence and take a breath.
- Clean and organize your place.
- Prepare your clothes for the next morning.
- Compliment yourself.
- Take a bubble bath
- Listen to calming music.
- Make a cup of chamomile tea.
- Cuddle up in bed.