

20 Self-Care Ideas for Women

01 Order dinner for yourself



02 Watch a funny movie and laugh out loud to your heart's content.



03 Create yourself a special place in your home (even if it's just a corner). Only put in items that *you* enjoy.



04 Wear an outfit that makes you feel good. Just because.



05 Take a relaxing nap outside in a hammock, on a chair on your porch, or on a blanket on your back lawn.



06 Take yourself on a date.



07 Do your hair and makeup. Take selfies or set your phone on a timer and take snapshots of yourself.



08 Take a day off and do absolutely nothing.



09 Go to the park and swing on a swing. Feel free to act like a kid again!



10 Go on a road trip for a day. No more than two hours away from home.



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Go to your favorite bookstore. Find a comfortable chair and read.



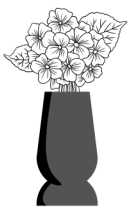
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Binge watch your favorite series on Netflix, Hulu, or Amazon Prime.



13

Buy yourself a bouquet of flowers and place them in a beautiful vase.



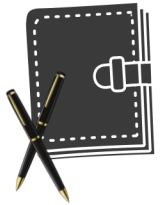
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Say 'no' to someone.



15

Buy yourself a new journal and set of beautiful pens.



16

Splurge and buy yourself a yearlong membership to your local museum or zoo. This way, you can go anytime you'd like.



17

Sleep in as late as you'd like, then treat yourself to breakfast in bed.



18

Find the recipe for your favorite meal and make it for yourself, then serve it on your best china.



19

Start a vacation fund, then set about planning out your dream getaway.



20

Visit an upscale restaurant and order yourself a self-indulgent dessert.

