FREE WORKSHEET

Self Care Guide A–Z...

including suggestions to get you started!

Pick what sparks something, then jot your own ideas in each box. Type right into this PDF or print it. Take what resonates and leave the rest.

A apple-picking, art, archery, astronomy...

B boundaries, brunch, baking, biking, book clubs...

C cats, calligraphy, coloring, comedy, consensual adult activities, creating...

D dancing, decorating, Disney, dogs, drawing...

E engage in something meaningful to you, explore your community, exercise...

F farmer's market, fencing, fondue, figure-skating, fresh air...

G giggling, gifting (cheerfully), golfing, gratitude...

H hiking, hosting something of interest, helping, hugging...

I ice cream, improv, intentionality...

J jam sessions, jazz hands, joy, jungle-gyms...

K kites, kangaroos, kaleidoscopes, keeping your peace, kindness...

L lounging, laughing, listening, learning a new language...

M make up, meditation, mindfulness, minding your own business, music...

N napping, nourishing your body, nesting, nurturing your relationships...

O ocean, online learning, origami, obstacle courses...

P playing an instrument, public libraries, Pinterest...

Q quiet...

R rest, relaxation, recipes...

S side-quests, sleep, sports...

T trees, trying something new...

U unicorns, unicycles…

V vintage items, volunteering…

W whimsy, water, wishes…

X xylophone, anyone?

Y yoga, yard sales…

Z zip-lining, zoo trip…

Want more?

The Expanded Edition has low, medium, and high energy versions of every letter, a shutdown page for the hardest days, and a build-your-own self-care menu.