



SELF CARE BUCKET LIST

25 Simple, Mindful & Entirely Free Ways to Nourish Your Soul



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- ☐ Take a long, warm bubble bath with ambient lighting.
 - ☐ Go for a mindful nature walk and collect beautiful leaves or stones.
 - ☐ Spend 10 minutes doing a deep breathing or guided meditation session.
 - ☐ Write down 5 things you are deeply grateful for today.
 - ☐ Disconnect from all digital screens and social media for a full evening.
 - ☐ Curl up with a book you've been meaning to read for months.
 - ☐ Stretch your body thoroughly with a gentle 15-minute yoga flow.
 - ☐ Listen to your absolute favorite album from start to finish without distraction.
 - ☐ Call an old friend or a loved one just to check in and have a laugh.
 - ☐ Watch a beautiful sunrise or sunset from a cozy spot.
 - ☐ Write a kind, encouraging letter to your future self.
 - ☐ Declutter and reorganize one single drawer, shelf, or corner of your room.
 - ☐ Create a playlist of songs that instantly lift your mood and make you dance.
 - ☐ Spend a slow morning in bed sleeping in, daydreaming, or cuddling.
 - ☐ Do a DIY home spa face mask using ingredients from your pantry.
 - ☐ Sip a warm cup of herbal tea or coffee slowly while watching the clouds.
 - ☐ Journal your thoughts freely to release any lingering stress or anxiety.
 - ☐ Have a solo dance party in your living room to your favorite upbeat tracks.
 - ☐ Re-watch a comforting, nostalgic childhood movie.
 - ☐ Practice positive affirmations aloud in front of a mirror.
 - ☐ Give yourself a relaxing hand, foot, or neck massage.



- ☐ Spend an afternoon trying a new creative hobby like drawing, writing, or crafting.
- ☐ Sit quietly by a window or outside and listen intently to the birds singing.
- ☐ Take a refreshing afternoon power nap without feeling guilty.
- ☐ Reflect on your personal growth and celebrate how far you've come.

Remember to be gentle with yourself. Self-care is a practice, not a destination.