

# *Winter: 30 Days of Self Care*

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*GOOD FOOD; SELF-LOVE; FUN; LEARNING; RELAXATION; QUIET;  
CREATIVITY; GRATITUDE; NATURE; MOVEMENT*

# *Suggested Use*

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Pick 3 from The List, Complete.

Pick 3 More, Complete.

Continue

Enjoy the printable mandala to color.

With Love,

Signe Holiday's Clever Girl Beauty Tips  
[clevergirlbeauty.com](http://clevergirlbeauty.com)

# The List

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1. Take an Apple Cider Vinegar Bath to relieve dry skin
2. Buy a new toothbrush, use it
3. Before bed or on a weekend, rub down with coconut oil for dry skin – apply to face, hands, all over if needed
4. Drink extra amounts of water
5. Say five nice things to yourself about yourself – with enthusiasm
6. Breathe in Relaxation, Breathe Out Stress
7. Focus on feelings of LOVE towards yourself, towards your family, towards a friend, towards a coworker, towards a neighbor, towards your pet(s)
8. Write it out. Write out feelings you are having about a situation. Don't judge the words, just write, write, write until a solution comes
9. Wear some worry beads or prayer beads, especially if you are missing someone or feeling anxious
10. Lie down on a mat or blanket and stretch, stretch, stretch to release tension and loosen tight muscles and joints
11. Take a walk for at least 30 minutes
12. Run, Yoga, Walk with Intention. Work out a problem while you do
13. Reduce your sugar intake, this includes carbohydrates of breads and pastas for a week (7 days) to see how you feel
14. Sneak in some vegetables with Cucumbers and hummus; Celery and almond butter; Cauliflower and canned tomatoes; Broccoli with Quinoa
15. Be Present for at least Five Minutes Three Times a Day
16. Let go of something and surrender to the solution
17. Practice Gratitude. List mentally or write 10 things you are grateful for
18. Go Outdoors, sit in the sun, close your eyes, allow the light to enter your pineal gland
19. Meditate or pray for 45 minutes
20. Enjoy some quiet time – a bath, a book, a nap
21. Hang out a bit with spirit/God. Let them know you are listening and you acknowledge their presence and that you need assistance if you do
22. Hug your kids, hug your partner, hug a friend, hug yourself tight
23. Buy yourself flowers. Breathe in their scent
24. Envision love and forgiveness to someone who is annoying you
25. Color in a coloring book or on a coloring page. Work out a problem while coloring
26. Read, listen, learn something inspiring to you
27. Get a massage
28. Help someone. Do something nice for someone without overextending yourself
29. Give yourself a manicure and a pedicure
30. Watch a Romantic or Funny Movie – a film that will make you feel happy!

