

85 WAYS TO TREAT YO'SELF

BECAUSE
YOU'RE
THE SHIT

SELF LOVE

WWW.COURTNEYFAITH.COM

1. GO FOR A WALK
2. LISTEN TO YOUR FAVORITE SONGS
3. CALL A FRIEND
4. START A BLOG ON ANYTHING
5. DO SOME YOGA
6. SAY "I LOVE YOU" IN THE MIRROR
7. GOOGLE CUTE PUPPIES AND KITTENS
8. DRAW OR PAINT WITH NO PURPOSE
9. LEARN ANY INSTRUMENT
10. HUG SOMEONE YOU TRUST
11. JOURNAL ON THOUGHTS AND FEELS
12. PLAY DRESS UP
13. SING REALLY LOUD IN YOUR CAR
14. PAINT YOUR NAILS
15. GRAB A LATTE
16. MEDITATE
17. RIDE YOUR BIKE
18. MAKE SOME TEA
19. ROLLERBLADE
20. SPIN IN CIRCLES UNTIL YOU'RE DIZY
21. THROW ON SOME FUZZY SOCKS
22. DANCE NAKED IN YOUR ROOM
23. READ A BOOK
24. VOLUNTEER FOR SOMETHING
25. FROLICK IN A FIELD
26. MAKE A DREAM BOARD
27. DO A VISUALIZATION
28. GO ON A RETREAT

SELF LOVE

WWW.COURTNEYFAITH.COM

29. TALK TO TREES

30. TRY A NEW RECIPE

31. PRACTICE A FOREIGN LANGUAGE

32. FILM A VIDEO

33. FIND SWINGS AND PLAYGROUND

34. BRAID YOUR HAIR

35. NO PANTS DAY

36. SWEATPANTS DAY

37. WATCH A CHILDHOOD MOVIE

38. NEW HAIRCUT OR STYLE

39. CLEAN THE HOUSE

40. PLANT A GARDEN

41. MASSAGE YO'SELF

42. SMELL THE FLOWERS

43. GO SWIMMING AND LAY IN THE SUN

44. DO WHAT YOU'VE ALWAYS WANTED

45. ATTEND A WORKSHOP

46. PRAY TO WHOEVER ROCKS YOU

47. RELEASE LIMITING BELIEFS

48. DIY PROJECT

49. WRITE A LETTER

50. GO CAMPING

51. BURN INCENSE

52. START A PHOTOGRAPHY PROJECT

53. REARRANGE FURNITURE

54. FEEL YOUR FEELINGS

55. PET ANIMALS AT A PET STORE

56. LOVING EXERCISE AT THE GYM

SELF LOVE

WWW.COURTNEYFAITH.COM

57. PLAY SPORTS OUTSIDE

58. VIDEO GAMES

59. GET AN ASTROLOGY READING

60. DO A PUZZLE

61. FACE A FEAR

62. CELEBRATE HOW FAR YOU'VE COME

63. TAKE A BATH

64. SPEND A DAY WITHOUT MAKE-UP

65. GIVE YOUR INSECURITIES BACK

66. JOIN A SUPPORT GROUP

67. APPLY FOR YOUR DREAM JOB

68. SURVIVE TODAY

69. DON'T LET THE VOICES WIN

70. THROW A GIRL'S NIGHT (OR MEN'S*)

71. SEND YOURSELF A FLIRTY TEXT

72. SET BOUNDARIES

73. WRITE DOWN YOUR GOALS

74. LISTEN TO A PODCAST

75. GO BACK TO SCHOOL

76. TRY A MARTIAL ART

78. SWADDLE YOURSELF IN A BLANKET

79. LIGHT SOME CANDLES

80. TAKE YOURSELF ON A DATE

81. FIND AN AWESOME THERAPIST

82. GO DANCING OR TAKE A CLASS

83. VISIT A MUSEUM

84. SURRENDER TO YOUR HIGHER SELF

85. DON'T GIVE A FUCK