

Me Time

Ideas for things to do when you need a little time to yourself.



- ☀️ Yoga
- ☀️ Listen to your favorite music
- ☀️ Meditate
- ☀️ Take a relaxing shower or bath
- ☀️ Read a book
- ☀️ Write in a journal
- ☀️ Color in a color book
- ☀️ Draw a mandala
- ☀️ Breathing practice
- ☀️ Watch a movie
- ☀️ Have a cup of tea
- ☀️ Go out with a friend
- ☀️ Step away from technology
- ☀️ Work on a hobby
- ☀️ Take a nap
- ☀️ Paint your nails
- ☀️ Shoot hoops
- ☀️ Take a walk
- ☀️ Go window shopping
- ☀️ Get a massage
- ☀️ Paint a picture
- ☀️ Go for a drive
- ☀️ Create a wellness routine
- ☀️ Do some gardening
- ☀️ Enjoy your favorite dessert
- ☀️ Flip through a magazine

Do what you love

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