

Shedding the Weight

Nurturing myself

Physical - Body

	BOOK A MASSAGE
	BOOK A VACATION
	BOOK A MEDICAL APPOINTMENT YOU HAVE BEEN PUTTING OFF
	DECLUTTER YOUR SPACE - ONE SMALL SPACE AT A TIME
	EAT IN A WAY THAT MAKES YOU FEEL GOOD
	EXPLORE SOMEWHERE NEW
	FIND AN ENJOYABLE MOVEMENT
	GO FISHING
	GO TO THE SPA (EG MANICURE, PEDICURE)
	GO TO THE DRIVING RANGE OR BATTING CAGES
	MINDFUL MOVEMENT - EG. YOGA TAI CHI
	PLANT A GARDEN
	PREPARE A MEAL
	PLAY (EG. BLOW BUBBLES)
	TAKE A BATH
	TAKE A BREAK
	TAKE A DANCE CLASS
	TAKE A NAP
	TAKE A WALK IN THE PARK
	TURN OFF CELL PHONE AND SOCIAL MEDIA
	SLEEP CREATE A SET SLEEP AND WAKE TIME

Spirit

	CONNECT TO YOUR SPIRITUAL COMMUNITY
	GET INTO NATURE
	GO FOR A DRIVE
	HAVE A CANDLE LITE DINNER AT HOME
	HAVE A TEA PARTY
	LIE ON YOUR BACK AND WATCH THE SKY
	LISTEN TO MUSIC
	MASSAGE YOUR FEET
	MEDITATE OR PRAY
	READ A GOOD BOOK
	RELAX TO PEACEFUL MUSIC
	RELAX OUTSIDE OR BY A FIRE
	SEND YOURSELF A CARD
	SING IN THE SHOWER (OR OUT)
	TAKE A BREAK
	TURN UP THE MUSIC AND DANCE (IT'S OK NO ONE IS WATCHING)
	TURN OFF YOUR CELL PHONE AND SOCIAL MEDIA
	VISIT A GREENHOUSE
	WATCH A SPORTING EVENT
	WATCH A SUNRISE OR SUNSET
	WATCH SOMETHING THAT MAKES YOU LAUGH

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Personal

	FIND YOUR AFFIRMATION, MANTRA OR QUOTE
	JOURNAL (GRATITUDE, REFLECTIONS ETC)
	LEARN SOMETHING YOU HAVE ALWAYS WANTED TO LEARN
	MAKE A LIST OF ACCOMPLISHMENTS
	MAKE A PLAN TO GET OUT OF DEBT
	MAKE A VISION BOARD
	SCHEDULE "YOU" TIME
	SHOW A LITTLE SELF-LOVE, SELF-COMPASSION
	SELF REFLECTION - INTENTION SETTING
	SPEND TIME WITH FAMILY
	TURN OFF YOUR CELL PHONE AND SOCIAL MEDIA
	WRITE A POEM OR A BOOK
	VISUALIZE

Professional

	BALANCE WORK AND HOME LIFE
	LEARN SOMETHING NEW
	LEAVE YOUR WORK DAY AT WORK
	MAKE A TO-DO LIST PRIORITIZE
	STOP WORKING TO EAT

Social Connection

	CUDDLE WITH YOUR PET
	GO FOR A WALK WITH A BUDDY
	HUG A LOVED ONE
	HUG - KISS - BE INTIMATE
	PHONE A GOOD FRIEND
	SMILE AT A STRANGER
	TELL SOMEONE SPECIAL WHAT THEY MEAN TO YOU
	TURN OFF YOUR CELL PHONE AND SOCIAL MEDIA
	VOLUNTEER

Mental - Mind - Creativity

	BAKE SOMETHING
	COLOR, PAINT OR SKETCH
	CRAFT
	DO A PUZZLE OR MIND-GAME
	MAKE SOMETHING OR FIX SOMETHING
	SCHEDULE A THERAPY OR COUNSELLING APPOINTMENT
	TURN OFF YOUR PHONE
	WANDER THROUGH AN ART GALLERY