

50

Soul Nourishing

Self Care

Practices



LDC Strategies
with Coach Lori Anne

50 Soul Nourishing Self Care Practices

1. Take a Bubble Bath
2. Go for a Walk
3. Have Lunch with a Girlfriend
4. Practice Yoga
5. Light a Candle
6. Meditate
7. Dress Up - Accessorize - Wear Something That Makes You Feel Beautiful
8. Dress Down - Get Comfortable - Wear Something that Makes You Feel Cozy
9. Put on Some Relaxing Music
10. Put on Some Uplifting Music, and Dance
11. Smile - Allow Your Smile to Light Up Your Whole Face
12. Laugh - Find Something That Makes You "Belly Laugh"
13. Go on a Date Night with Your Spouse
14. Take a Nap
15. Find at Least 3 Things to Be Grateful For
16. Make Yourself a Cup of Tea or Other Favorite Beverage
17. Practice Presence - Tap Into Your Senses to Bring Yourself Back to the Present Moment - Notice Sights, Sounds, Smells, Etc.
18. Take Some Deep Breaths - Sometimes as Busy Moms This is One of Our Most Powerful Tools
19. Exercise - Move in Ways That Feel Good to You
20. Tune Into Your Feelings and Emotions
21. Pause and Check to See What You Need in This Moment
22. Go to Bed Early
23. Draw or Color
24. Ask for Help - It takes a Village - You Don't Have to Do it All on Your Own
25. Watch the Sunrise or Sunset
26. Take a Painting or other Creative Class for Fun
27. Diffuse Some Calming or Uplifting Essential Oils
28. Learn to Play an Instrument

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29. Journal

30. Choose an Inspirational Mantra to Repeat to Yourself During the Day

31. Look into Your Own Eyes, Using A Mirror, and say, "I Love You"

32. Find a Creative Outlet That Fills Your Soul

33. Spend time in the Great Outdoors & Enjoy the Beauty of Nature

34. Create a Self Care Sanctuary - A Special Space in Your Home Just for Your Self Care

35. Get a Massage

36. Walk Barefoot in the Grass and Feel the Warm Sunshine on Your Face

37. Call a Girlfriend

38. Put a Beautiful Digital Wallpaper on Your Phone to Inspire You During the Day

39. Wear a Mandala or other Touchstone to Help Bring You Back to Presence Anytime

40. Set an Intention for Your Day

41. Bring a Bit of Nature Indoors with a Succulent, Fern, or Other House Plant.

42. Snuggle With Your Kids

43. Read a Book for Fun

44. Hydrate – Drink water with a slice of cucumber, strawberry, or some lemon for a fun twist

45. Eat Whole Foods that You Love

46. Connect With Your Spouse in the Middle of the Day

47. Eat with Mindfulness - Sit Down to Eat and Enjoy Your Food

48. Sing in the Shower

49. Spend Time Loving On Your Pets

50. Learn Something New - Finding a New Challenge Can Feel Invigorating

Bonus: Give Yourself a Hug - That's Right - Go Ahead and Wrap Your Arms Around Yourself and Give Yourself Some Love!

Soul Care

Hi Beautiful ,

I hope you enjoyed these self care practices.

Here are some more soul nourishing self care resources for you.

Enjoy!

Simple Self Care Workshops

Kickstart Your Calm Morning

1:1 Coaching



Coach Lori Anne

