

44 Ways to Take Care of *Me*

c 2016 MK Mueller

Ready for some fun Heartwork? Do one of these every day.

Why? Because *you're worth it.*

Enjoy!

44 Ways to Take Care of Me

1. Play with your pet
2. Garden
3. Ask for help/for what you want
4. Get a massage
5. Buy yourself flowers
6. Get a pedicure
7. Volunteer at a shelter
8. Go fishing
9. Star gaze
10. Say no or set a limit
11. Go sing karaoke or line dance
12. Turn off the news
13. Sing in the shower
14. Hire house cleaning help
15. Delegate something
16. Hug someone
17. Spend time with a child
18. Release something
19. Take a nap
20. Take a bubble bath
21. Get a facial
22. Change your hairstyle
23. Watch a sad movie and have a good cry
24. Turn off your cell phone for an hour
25. Declutter one small area of your home
26. Take a yoga or pottery class
27. Get your car washed/detailed
28. Take a one-day vacation
29. Do a random act of kindness, like leave money somewhere
30. Go camping

31. Take a gratitude-for-nature walk, even in your own neighborhood
32. Sleep in
33. Hire an organizer for your office
34. Sit and meditate by focusing on your breath - just your breath - for 5 minutes
35. Take a day off from worry. Tell yourself you'll worry about it tomorrow...maybe
36. Update (or create) your vision board
37. Go to a Meetup.com event
38. Work out really hard
39. Go buy a magazine and sit down and read it cover to cover
40. Get a coloring book and color
41. Lay on the ground and watch the clouds
42. Hire some yard help
43. Buy yourself a new beautiful piece of jewelry
44. Take a deep breath and then another and then another

- ***MK***

P.S. For more on the topic of “**Taking Care of Me,**” go to www.8togreat.com/store for MK’s book and the book on CD by that title. They also make great **Christmas gifts!**