

Self Nurture = Self Love

Self-nurturing is about looking after your emotional self - treating yourself with care and respect. By taking a little time each day to nurture yourself, you can feel refreshed and full of energy. This can help you be more successful in all areas of your life

Make a list of things you enjoy and make some time to do them. Here are some ideas

50 Fabulous Ideas For Self Nurturing	
Take a nap in the afternoon	Hug someone
Meditate	Laugh
Do something adventurous	Draw or paint a picture
Make a nutritious meal	Make a collage representing the real you
Listen to your favourite CD	Play a musical instrument
Do some stretching exercises	Practice deep breathing
Have a bubble bath	Sit quietly and visualise a peaceful place
Get up early to watch the sunrise	Watch the sunset
Go for a walk	Have a cup of herbal tea
Lie on the grass and watch the clouds passing	Pat an animal / your pet
Go to the museum or art gallery	Enjoy a cool refreshing glass of water or juice
Gaze at the stars	Listen to a relaxation tape
Do some yoga	Practice the art of forgiveness
Book in for a workshop	Use affirmations
Phone a special friend	Go on a picnic
Reflect on your most fond memory	Write a poem
Have a little daydream	Imagine yourself achieving your dreams
Book a ticket to see a play	Plant something in your garden
Go to the park and play on the swings	Smile and say "I love myself"
Reflect on your positive qualities	Go for a ride on your bike
Reflect on your most fond memory	Read something motivational
Take time to immerse yourself in nature	Treat yourself to a delicious meal at a restaurant or café
Go bushwalking	Book a holiday
Buy yourself a small gift	Release guilt, fear, judgement
Count your blessings / keep a gratitude journal	Enjoy the beauty of nature

