

100+ Ideas for ME TIME

Be kind to yourself and do something for YOU!

1. Pick up a guilty pleasure magazine to flip while sipping on a glass of wine
2. Visit a local thrift store
3. Challenge yourself to a game of solitaire
4. Start organizing photos or file folders on your computer (aim to update weekly)
5. Create a list of goals for 2017
6. Try a new salad or dip recipe that you can throw together quickly
7. Grab the headphones and dance to your favorite album
8. Enjoy guilt-free time surfing your favorite social media outlet or gossip website
9. Stop by the local animal shelter for some furry friend love
10. Organize your makeup and toss out anything expired or that you don't use
11. Tackle a simple task you have been putting off
12. Create and decorate a planner with stickers for the month
13. Grab your pen and do some journaling
14. Get the colored pencils out and color yourself calm
15. Start reading a new book (romantic fiction, etc)
16. Create a vision board
17. Paint your nails a fun new color
18. Stand in front of the mirror and compliment yourself
19. Clean out your junk drawer, or any drawer
20. Let yourself to hit the snooze button
21. Get out the styling tools and try a new hair do
22. Give yourself a mini pedicure with lotion, a pumice stone, and nail polish
23. Clean out your dresser/closet and fill a bag for your upcoming garage sale, or donation
24. Write down a travel bucket list of places near you to visit
25. Sit outside and enjoy the sunset or the sunrise



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26. Go for a walk around the block
 27. Get some Vitamin D and watch the clouds
 28. Look through your cookbooks for three new recipes to try
 29. Make a list of things you need to buy for the next holiday/party
 30. Go to a movie alone, or plan a time to go with a friend
 31. Get a massage
 32. Head to the mall and people watch
 33. Visit a free concert near you
 34. Take advantage of a free trial at a local gym
 35. Take a hike or walk through a forest preserve
 36. Soak in a bubble bath with a glass of wine
 37. Visit a museum
 38. Take a free class online
 39. Teach yourself a new skill (like typing, new language, etc.)
 40. Go shopping in only dollar sections or a dollar store
 41. Take a scenic drive
 42. Take your camera and go on a photo adventure
 43. Go to a Yoga class
 44. Meditate
 45. Create a mandala, or just doodle
 46. Practice some deep breathing
 47. Have a cup of tea
 48. Go out with a friend
 49. Shoot hoops
 50. Go window shopping
 51. Paint a picture
 52. Do some gardening, or plan your garden for the season
 53. Enjoy your favorite dessert
 54. Read a self-help book
 55. Binge watch a new or favorite show (Netflix, Amazon, etc.)

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56. Listen to a guided meditation
 57. Take a 15-25 minute nap
 58. Jot down 5 things you love about yourself
 59. Call up a friend
 60. Make a new friend
 61. Smile at yourself in the mirror
 62. Leave yourself a love note
 63. Buy yourself something that you have had an eye on
 64. Light a stress relief candle
 65. Talk with a therapist
 66. Buy some flowers for yourself (you deserve them!)
 67. Bake yourself some cookies
 68. Listen to nature sounds
 69. Read an inspirational poem or quotes
 70. Eat a healthy snack
 71. Enjoy a tall refreshing glass of water
 72. Give yourself an at-home DIY facial
 73. Watch a motivational [TED talk](#) online
 74. Do a fun craft or favorite hobby
 75. Prioritize your to-do list
 76. Try out a new coffee/tea shop near you - take a friend even!
 77. Pop some bubble wrap
 78. Write down some things you've learned about yourself in the last year (try to keep it positive!)
 79. Go on a date – even if that means taking yourself out; or plan one!
 80. Create a self-love box/jar
 81. Create an "I'm Thankful For" box/ jar
 82. Make yourself or family a financial plan (a budgeting spreadsheet, plan to get out of debt, etc.)
 83. Re-arrange a room in your home

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84. Go to the paint store and pick our swatches for future decorating ideas
 85. Join a support group
 86. De-clutter your home room by room
 87. Deep condition your hair
 88. Place a few drops of an essential oil (lavender) behind your ear
 89. Plan a mini stay-cation
 90. Write down your current short-term and long-term goals
 91. Eat some fruit and veggies!
 92. Change the background of your computer or phone to an uplifting quote
 93. Go on a weekend retreat
 94. Eat dessert before dinner
 95. Spend some time in silence
 96. Organize your desktop
 97. Cross 1 think off your to-do list
 98. Listen to instrumental music or show tunes
 99. Make your bed
 100. Cuddle your pet
 101. Search random things on Pinterest
 102. Start a blog
 103. Watch funny cat videos on YouTube
 104. Let yourself have a good cry
 105. Download an app that helps with anxiety and stress relief
 106. Take up a new hobby, like gardening, knitting, or photography
 107. Plan for tomorrow or the weekend
 108. Take a mental vacation
 109. Thank someone who is deserving
 110. Do something nice for someone, even a stranger!
 111. Exfoliate your skin
 112. Create a funny Snapchat
 113. Prepare and eat your favorite meal when you were a kid

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114. Go on a picnic by yourself
 115. Doll yourself up and take some selfies
 116. Buy a new cookbook and cook or bake something new that you've never tried before
 117. Create a vision board on Pinterest
 118. Catch up on all of your favorite blogs. Read any posts you've missed
 119. Take a painting class, a photography class, or a cooking class, etc.
 120. Try a new workout or stretch
 121. Take a mini road trip
 122. Exercise your brain (Sudoku, crossword puzzle)
 123. Visit [StumbleUpon](https://www.stumbleupon.com/) and browse some new sites



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