

7 Day Self-Care Sampler

Seven doses of daily self care that are more interesting than a facemask. Think bubble bath with bells on. No order, just whatever suits you on that day. Whether you stick it out, sample just a few or scoff and continue your doom scroll, you can be sure that within seven simple days you will have progressed into the next week.



1

Forest bathing

No nudity, just fresh air, bird song and the trees for company. NO TECH.

Reflection:

2.

Create a Vision Board

No woo woo, don't go gathering your crystals. Just scissors, glue or tape and the extra printables below. Aspire if you like, or simply take a few minutes doing something creative and make a page of nice things to have in your vision.

Reflection:

3.

Mindfully Prepare a Nourishing Meal

Or snack, just not Doritos and half a chocolate orange. Make a little ritual of it. Select the whole foods you actually like, and prepare them quietly without distraction.

Reflection:

4.

Visit a Cafe or Park

Bring only a book and the regulars to distract you.

Reflection:

5.

Charity Shop Treasure Hunt

Devote an afternoon to trawling your local charity shops for small knick-knacks that you can put on your bedside table or carry around in your pocket to make sure you're not trapped in a dream.

Reflection:

6.

Brainstorm a Billion-Dollar Business

Design your logo, dream up the layout of your high-rise office, and practise ending your phone calls with "we'll talk when I'm back from Zurich".

Reflection:

7

Do Something Genuinely Kind

A small act for a stranger. A thoughtful effort for someone you haven't seen for a while. Or a handwritten letter to an older person as part of our Paper Chain community initiative.

Reflection:

Write down three good things that have happened this week. Acknowledge the little wins.

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My Vision Board

DREAM ~ PLAN ~ MANIFEST ~ DO

Health & Wellbeing

Home & Surroundings



Career / Money

Travel & Adventures

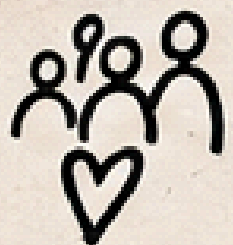


The Life I Love



Self-Care & Personal Growth

Friends, Family & Community





Vision Board Graphics

PAGE 1



EXPLORE
CREATE
EXPERIENCE
GROW



Collect Moments
Not Things

A CALMER MIND
A BRIGHTER FUTURE



Cut. Create. Visualise.
A brighter you.



Explore
Experience
Discover

NEW PLACES

NEW EXPERIENCES

BIGGER PERSPECTIVE



More
of what
I Love.
Less of
what
drains
me.



Sunshine
Fresh air
Clearer mind

