

Summer Self-Care

Make a list of goals

Sit in the sun shine

Make lemon water

Go on a hike or walk

Spend time in water

Let yourself be a kid

Eat lunch outside

Unplug for the day

Drink your water

Make a fruit salad

Relax to nature sounds

Go out for ice cream

Dress up to feel cute

Make a summer playlist

Make your own popcicles

Eat a watermelon

Take a mid-day nap

Go to a Farmer's Market

Make s'mores or grill

Try watergun painting

Take a ton of pictures

Watch the sun rise

Go on a road trip

Do yoga outside

Focus on being happy

Use sidewalk chalk

Read a good book

Spend all day laughing

Write something beautiful

Go star gazing