

100 CREATIVE + FUN *SELF-CARE IDEAS*

- Go for a walk
- Take yourself out for coffee
- Cuddle with a pet
- Have an at-home movie night
- Listen to an uplifting podcast
- Bake your favorite dessert
- Take a relaxing self-care bath or shower
- Have a solo dance party
- Create a vision board
- Journal
- Make a DIY self-care jar
- Meditate
- Take a workout class
- Create positive affirmation cards
- Color or paint
- Do a puzzle
- Create art
- Make friendship bracelets

- Enjoy your favorite snack
- Go for a drive
- Do some yoga
- Turn your phone off
- Take some deep breaths in nature
- Take a nap
- Wear your comfiest clothes
- Read an inspiring book
- Read a fiction book
- Binge-watch a TV show
- Order takeout
- Make a to-do list
- Set some new goals
- Play a game
- Look through old photos and reminisce
- Write a letter of encouragement to yourself
- Tidy up your space

Get All 100



Self Help Ideas

Roman Wölfel



Self Help Ideas:

Delve into the emotional tapestry woven by Emotional Journey with in **Self Help Ideas** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

<https://ftp.thebrandexperience.com/book/browse/default.aspx/Positive%20Psychology%20Checklist.pdf>

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web of mice and men argues that on the bottom rung of the american economy the destitute are left with only stark and terrible choices why does lennie have a dead mouse in his pocket as the story begins lennie has a dead mouse in his pocket because he likes to pet soft things but doesn t know his own strength and accidentally killed the mouse

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web bored and restless dreams of being a hollywood star curley s wife prince of the ranch gives lennie a puppy slim true or false george s actions forced both men to leave their jobs in weed false true or false george and lennie are cousins false true or false lennie is completely dependent on george

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web 1 what did lennie forget in chapter one a why he and george had to run from their last job b how to tie his shoes c not to clutch mice so tightly d that george wasn t his cousin 2 what would aunt clara always give to lennie when he was little a chocolate b spankings c mice d lemon drops 3

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web your answer block please just type the number ex 4 5 your answer multiple choice the first setting in the novel is on the ranch in weed on the ranch in soledad in the barn in the brush

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