

Feel Special Today

Ways to help yourself feel special, inside and out!

1. *Exercise*
2. *Take a warm bath*
3. *Take 30 minutes of "me" time*
4. *Count your blessings*
5. *Go out of your way to help someone in need (help a stranger at the grocery store by putting their cart away after they've loaded their groceries in their car.*
6. *Give yourself an at-home manicure*
7. *Learn something new*
8. *Watch your favorite movie & eat a favorite snack*
9. *Read a good book*
10. *Go to the temple*
11. *Get plenty of rest*
12. *Give yourself a deep scalp treatment (rub the conditioner into your scalp concentrating on a one inch section at a time.)*
13. *Turn on some good music and dance, but you have to really get into it!*
14. *Write in your journal*
15. *Go to the movies alone*
16. *Look through a scrapbook or photo album of your family*
17. *Serve!*
18. *Get really dressed up and invite your husband on a date.*
19. *Appreciate nature*
20. *Do one of your husbands chores so that he can spend that extra time with you*
21. *Use one of your unique talents*
22. *Go to lunch with a friend*
23. *Pray, really pray!*
24. *Write a letter or a thank you note*
25. *Take a drive*
26. *Take a hot bath with candles and music and sparkling cider in a fluted glass.*
27. *Visit with a friend*
28. *Read a new book*
29. *Volunteer to help someone*
30. *Make a list of chores or daily duties (dishes, diapers, scriptures, prayer, etc.) and cross them off as you do*

them

31. *Scrapbook*
32. *Plan a special occasion for you and your husband.*
33. *Visit temple square*
34. *Get plenty of rest*
35. *Paint your toenails bright red!*
36. *Time alone with your favorite CD*
37. *Surround yourself with people you love*
38. *Appreciate nature*
39. *Buy yourself something (without feeling guilty) that you don't need but would like to have*
40. *Eat that forbidden dessert*
41. *Read things about individual worth (like the scriptures or church books)*
42. *Write or email a friend (phone call maybe)*
43. *Go to the bathroom alone (ok this one only applies when you have toddlers and rarely get to do this!)*
44. *Eat a chocolate bar and don't feel guilty about it!*
45. *Write down 5 things you are grateful for at the end of a hard day*
46. *Be really friendly with everyone you interact with*
47. *Get a friend to go with you to the temple*
48. *Sit in the sun and read*
49. *Work on a hobby that you enjoy*
50. *Pick a bouquet of wild flowers*
51. *Buy a new outfit, or get a haircut or perm ok lets just go for a makeover or maybe a manicure.*
52. *Pamper yourself with a massage and a pedicure!*
53. *Do that thing you've been meaning to get around to*
54. *Really clean an area of your home*
55. *Cook a fancy meal for your family*
56. *Go to the movie store alone and pick a movie YOU want to watch*
57. *Get a new hairstyle*
58. *Go Hiking*
59. *Do a craft*
60. *Have a girl's night out!*
61. *Volunteer at the local school, young kids worship us adults!*
62. *Call an old dear friend that you haven't talk to in ages.*