

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



Ideas Self Help

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Ideas and Methods Exchange, 195? *How to Write a Self-Help Book* Ginny Carter, 2023-09-25 Business Book Awards 2024 Finalist Write a self help book that makes a difference If you re a coach therapist or trainer wanting to write a book that transforms your readers lives you may feel unsure about what s involved How do you translate the words that come so effortlessly when you re with a client into inspirational and convincing advice on the page What s the secret This is the book that guides you on your journey to becoming a successful self help author It gives you everything you need to write publish and promote a book that does justice to your ideas and expertise **DEFINE YOUR BOOK** Understand what you want to achieve with your book the exact topic to write about who your readers are and what kind of self help guide it will be So many authors miss this vital step **OUTLINE YOUR BOOK** Discover easy and effective ways of structuring your content so that it effortlessly takes your readers from problem to solution **WRITE YOUR BOOK** Learn how to win over your readers hearts and minds by writing clearly persuasively and authentically **PUT YOUR BOOK OUT THERE** Uncover the mysteries of editing publishing and marketing your book so that it reaches a ready made audience of willing readers **GINNY CARTER** is a bestselling ghostwriter of over 25 books a book coach and an award winning author in her own right Specialising in self help guides business books and memoirs she s ghosted books on a wide variety of topics Ginny is also the author of the award winning *Your Business Your Book* which takes you through the key steps for planning writing and promoting a business book Learn more at www.marketingtwentyone.co.uk **Know-How Guide Series: Mental Health and Self-Improvement**

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