



# Selfcare Sparks

*Use these ideas to spark your Upward Spiral momentum, but most of all  
FOLLOW YOUR INTUITION!*

*The entire point of any of these activities is to raise your energy to the next level. It should feel easy, fun, exciting, relaxing and joyful. Don't take action from your head space (to-do). Do it from your gut feeling and an instinct of upward motion.*

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|-------------------------------------|--|--|
| Tell someone you love them          | Dance in the rain  | Blow bubbles   |
| Sit in the sun for 15-minutes       | Climb a tree   | Drink green tea                                      |
| Get a manicure                      | Turn off your phone for a day                              | Take deep breaths                                    |
| Buy a new pair of shoes             | Get clothes altered  | Wear sweatpants                                      |
| Smile at a stranger                 | Make your favourite drink and invite friends over to share | Plan a road trip                                     |
| Get rid of something                | Visit a museum   | Do cartwheels  |
| Give money to the homeless          | Treat yourself to something sweet                          | Make a healthy meal                                  |
| Draw a picture                      | Swap clothes with your friends                             | Take a yoga class online                             |
| Wear your favourite thing           | Post an old photo that makes you happy on social media     | Try a new hairstyle                                  |
| Send an anonymous gift              | Sing in the shower   | Exfoliate your body                                  |
| Sign up for an exercise class       | Volunteer for a cause                                      | Learn gymnastics                                     |
| Rearrange your furniture            | Visit a local park   | Blow bubbles with chewing gum                        |
| Ecstatic dancing                    | Take a dance class   | Invest in quality skincare                           |
| Start a gratitude journal           | Donate clothes   | Make something beautiful and display it in your home |
| Bake a cake                         | Slide across the floor in your socks                       | Learn to fly a kite or plane                         |
| Have a sleepover                    | Go for a bike ride   | Listen to motivating music                           |
| Take a weekend road trip            | Write thank you cards                                      | Do some stretching outdoors                          |
| Watch a funny video                 | Jump rope  | Turn off your alarm and let yourself sleep in        |
| Stargaze                            | Plant a garden   | Go on a picnic                                       |
| Facetime an old friend              | Put together a puzzle                                      | Build a fort in your house                           |
| Put your favourite photo in a frame | Skip rocks at a pond                                       | Roast marshmallows                                   |
| Learn to cook a new dish            | Play cards   | Play a board game                                    |
| Dance around your living room       | Clear your calendar for a day                              | Watch the sunset                                     |
| Host a dinner party                 |  |  |

Find a secret nature spot  
Start a gratitude journal  
Get a facial  
Sail on a boat  
Bake cookies  
Have breakfast for dinner  
Make out with someone  
Pop open a bottle of champagne  
and celebrate yourself  
Ask your friends for song  
recommendations  
Check something off your bucket  
list  
Find a photo booth and take  
pictures  
Eat an ice cream cone  
Do something that makes you  
feel sexy  
Try something new that you've  
never eaten before  
Write down a favourite quote  
Master the art of chess  
Take a cooking class  
Have a game night with friends  
Go to Happy Hour  
Buy yourself flowers  
Prank call someone  
Drink 8 glasses of water in a day

Go to an art gallery  
Learn to play an instrument  
Watch the sunrise  
Do a social media clean up  
Go dancing  
Go skiing  
Freeze your favourite fruit  
Attend a concert  
Learn a new language  
Text an old friend  
Put on clean sheets  
Join a subscription box service  
Set your goals for the week  
Start a book you've been dying to  
read  
Make a flower crown  
Pop some popcorn  
Take an afternoon nap  
Reread your favourite book  
Start a piggy bank  
Go swimming  
Create a new recipe  
Go to your local farmers market  
Get a new tattoo  
Play truth or dare  
Get your shoes shined  
Fix something that's been broken  
Slip into some lingerie

Do a visualization  
Learn how to surf  
Chill out in a hot tub  
Spend a day in your favourite part  
of town  
Give your bedroom a makeover  
Learn a new skill  
Go on a photographic adventure  
Make a time capsule  
Send someone flowers  
Try hula-hooping  
Paint one wall in your home your  
favourite colour  
Play laser tag  
Go to a flea market  
Write a poem  
Give yourself a spa treatment  
Adopt a pet  
Meditate  
Volunteer at an animal shelter  
and play with some pets  
Get a fancy dinner at a restaurant  
Surprise a co-worker or friend  
with a treat  
Compliment a stranger  
Enjoy coffee and a book  
Plan your next vacation  
Learn breathing techniques





Learn a dance routine from an online video  
Put on fancy clothes  
Plan a friend's birthday  
Take an online course  
Go on a walk somewhere scenic  
Wear some crazy socks or shoes  
Give a server a big tip  
Order your favourite takeout  
Host a campout in your backyard  
Memorize your favourite song  
Find a good joke to tell  
Get your eyebrows done  
Write a positive review for a business online  
Declutter your workspace  
Have a yard sale  
Take a bath  
Surprise someone you love  
Go to an aquarium  
Listen to a podcast about something that interests you  
Eat chocolate  
Draw on the sidewalk with chalk  
Learn how to skate  
Go to karaoke pick wildflowers  
Watch a TED talk

Do a crossword puzzle  
Get a massage  
Light a candle  
Go on a date  
Journal your thoughts  
Write down a list of things that you enjoy  
Pet sit for a friend  
Get some fresh air  
Message a long lost friend on Facebook  
Do something touristic  
Help someone  
Flip through old Yearbooks  
Get a haircut  
Make an inspiration board  
Go on a hike  
Indulgence in selfies  
Watch cute animal videos  
Host a cocktail party  
Visit a local organic farm  
Visit the library  
Go canoeing  
Visit a nursing home and make a friend  
Clean out your closet  
Make up your own playlist

Send messages to 10 old friend  
Go sledding in the mountains  
Get yourself something special  
Drink some hot chocolate with marshmallows  
Play with a slinky  
Print out positive quotes and affirmations and tape them around your home  
Go on a long walk with a friend  
Go to the zoo  
Watch a stand-up comedy show  
Light up your fireplace  
Go thrift shopping  
Hire someone to clean your house  
Make your own recipe book  
Go to the movies  
Meet a friend for drinks  
Get a fancy coffee  
Watch a movie from your childhood  
Go for a run  
Complete a Sudoku  
Buy a plant for your home or desk  
Spent 5 minutes mirror gazing