

# 77 Ways to 'Treat Yo Self'

## Reward Ideas

### Art

- Concert or other live music performance
- New book or audiobook
- See a musical or play
- Take in a matinee
- Visit a museum
- Visit an art gallery

### Comfort

- Bubble bath
- Face mask
- Fuzzy socks or slippers
- Lotion or skincare
- Mani and/or Pedi
- Soak in a tub

### Décor and Environment

- Create a piece of art
- Fresh flowers
- Hang a painting
- New sheets or pillows
- New fuzzy bath towels
- Organize your workspace
- Scented candles

### Entertainment

- Download a new game app
- Listen to your favorite album
- Read an entertainment or sports magazine
- Round of golf or minigolf
- Play a video game

### Fashion

- Brassy new nail polish
- Eyebrow treatment
- Makeup kit
- New accessory
- New outfit
- New shoes
- Perfume

### Fitness

- Create an energizing playlist
- Healthy snack
- Spin class
- Yoga class or retreat

### Food and Drink

- Bake a pie
- Cook a new meal
- Fancy cheese and crackers
- Favorite candy or snack
- FroYo
- Glass of wine or cocktail
- Order take out
- Popcorn with extra butter
- Purchase a great bottle of wine
- Sandwich piled high
- Smoothie or specialty coffee drink
- Something extra-chocolatey



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### Nature

- Go camping
- Go for a drive
- Go on a fishing trip
- Go on a hike
- Picnic lunch
- Stargaze
- Take in a sunrise
- Take in a sunset
- Visit the beach
- Walk a trail

### Personal Growth

- Learn something new
- Make a list of things you're grateful for
- Start a journal
- Register for a conference
- Take a class in-person or online
- Take a dance lesson
- Watch an inspiring biography

### Relationships

- Contact a friend or family member
- Do something nice for someone
- Netflix & chill
- Weekend getaway with spouse or friends

### Relaxation

- Adult coloring book
- Doodle
- Enjoy the sweetness of doing nothing
- Get a massage
- Go to bed early
- Have a midday nap
- New bathrobe
- Schedule a day off
- Spend 20 minutes with no screens



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