

# Self-Care Ideas Worth Saving For

- Get a pedicure or manicure
  - Have your hair done professionally
  - Get a gym membership
  - Try a fitness class
  - Buy a hot tub and use it (Trust me, it's worth it!)
  - Take a weekend vacation to somewhere nearby
  - Take a real vacation
  - Go shopping
  - See a movie
  - Attend Paint Night with a friend
  - Go to the tanning bed
  - Get a massage
  - Detox in a sauna
- Take a cooking class
  - Have your makeup done for you
  - Hire someone to clean your home
  - Buy a new bed to get better sleep
  - Buy new sheets for your bed
  - Take up a new hobby
  - Sign up for a monthly subscription. The possibilities are endless. Check out <https://www.cratejoy.com/>.
  - Go to a nice restaurant
  - Book a night at a fancy hotel
  - Meal Delivery Service

*When you're feeling down, find someone more broken than you, and serve them.*