

Budget-Friendly Self-Care Ideas

at Home in October

S	M	T	W	T	F	S
28	29	30	1 Try 15 minutes of journaling in the evening.	2 Make yourself a cup of your favorite tea and relax.	3 Do a 15-minute stretching or pilates session at home.	4 Watch the sunrise or sunset and think about some happy memories.
5 Put on a playlist you love and dance in the living room.	6 Catch up on your favorite TV show.	7 Try a DIY face mask.	8 Try 15 minutes of journaling in the morning.	9 Do a quick workout at home.	10 Try a foot soak with Epsom salts.	11 Work on a small DIY project you'd enjoy.
12 Meal prep or meal plan for the week.	13 Add some fairy lights to the living room or bedroom.	14 Catch up over a call with a loved one.	15 Try gratitude journaling, writing down things you're grateful for.	16 Look through some happy photos you have on your phone.	17 Watch a stand-up comedy special.	18 Host game night with friends at home.
19 Make your favorite brunch dish at home.	20 Write a list of your achievements this year.	21 Play your favorite songs to relax in the evening.	22 Try some dream & goal journaling.	23 Listen to audio of nature sounds (ocean, rain, etc).	24 Have a movie night at home and re-watch your favorite movie.	25 Read a book you've been meaning to read for a little while.
26 Take an afternoon nap.	27 Repeat some positive affirmations in the morning.	28 Make your favorite dinner or try something new.	29 Meditate for a few minutes in the evening.	30 Do a fun activity like solving puzzles, cross-words, doodling.	31 Visualize the perfect day.	1  Ordinary & Happy