

Indoor Self-Care

Planner

..... Ordinary & Happy



Places in your home where you could create a cozy corner just for you.

Favorite foods you can prepare for colder evenings.

Places in your house you could add candlelight or fairy lights for a cozy atmosphere.

Simple check-in messages you can send to loved ones.

Weekly online activities you could do with friends.

A place you could go, if you don't want to host, to meet up with family and friends.

Music that uplifts you on colder evenings.

Times of the day you feel most tired and simple things you could do to feel more inspired.

Activities you can do to stop looking at your screens.

Indoor plants, art, or decor you could add to your home.

5-minute routines you could do before bedtime.

Simple things you could do in the evening to make your mornings easier.

Clothes you have, or could get, to make you feel warm and cozy in the house.

Activities you find relaxing after a busy day.

Something you've been putting off that you could do right now and feel lighter for it.