

## 100 Self-Loving Acts

1. Say No and mean it	2. Give up being right
3. Let go of your resentment	4. Forgive yourself
5. Call a friend and vent	6. Take a bubble bath
7. Walk in nature	8. Start a hobby
9. Make a sandcastle	10. Cry on a loved one's shoulder
11. Ask for help	12. Hit a pillow
13. Pray	14. Meditate
15. Set a beautiful table	16. Cook your favorite meal
17. Wrap yourself in an afghan	18. Get a pedicure
19. Type a love letter to yourself	20. Listen to uplifting music
21. Visit the zoo	22. Take a two-hour lunch break
23. Go out dancing	24. Celebrate for no reason at all
25. Smile all day long	26. Go to a movie
27. Pay your bills	28. Dig in the garden
29. Get a massage	30. Learn to sing or play an instrument
31. Flirt	32. Go to a comedy club
33. Wake up to soothing music	34. Buy a sunrise clock
35. Eat some fresh fruit and salad	36. Call a long lost friend
37. Learn a new language	38. Light scented candles
39. Display your favorite photos	40. Create a photo album
41. Clean your clutter	42. Hire a cleaning company
43. Write a thank you letter to your friends	44. Throw a party
45. Write a list with all your	46. Give yourself a gift

accomplishments	
47. Have an intimate dinner party	48. Plan a vacation
49. Take a dance class	50. Today decide to do only what you want to do
51. Go away for the weekend	52. Acknowledge yourself
53. List your assets	54. Drink plenty of water
55. Hum a tune	56. Today decide to be beautiful, put a make up and dress nicely
57. Take a nap	58. Today decide to tell only the truth
59. Read a book	60. Ask your friends why they like you
61. Create your wish list	62. Today- let it go and decide to move on
63. Today pay attention to your feelings	64. Dream
65. Draw a picture	66. Dance in the rain
67. Make a snowman	68. Invite your closest friends and have a personal evening
69. Go to a fine restaurant	70. Sit and do nothing
71. Go fishing	72. Go shopping for no reason
73. Revise your commitments	74. Create your Not-To-Do list and stick with it
75. Try yoga	76. Do your hair
77. Get a pet	78. Go on a date
79. Write down your ideas	80. Sit near a lake, river or ocean and just watch the water
81. Pick up flowers	82. Join a club

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83. Go swimming	84. Play with kids
85. Kiss	86. Read a newspaper or a magazine
87. Today be grateful	88. Set up a fire place and watch the fire
89. Go hiking	90. Sign up for a class
91. Go to a Spa	92. Buy yourself a beautiful dress
93. Read your favorite story	94. Say “I love you” to yourself
95. Go out with friends	96. Go watch a game
97. Enjoy the sun, have a sun bath	98. Buy tickets for your favorite singer
99. Get a foot massage	100. Know that all is well