

100+ WAYS TO CARE FOR YOURSELF

Give yourself a compliment.	Look at the stars.	Listen to nature's sounds.	Resolve a conflict.	Feed the ducks.
Relax for fifteen minutes, even if you don't have the time.	Open up to the person closest to you.	Do something you've always wanted to do.	Contact someone you've been thinking about.	Hide a love note where a loved one will find it.
Play a musical instrument.	Simplify, simplify, simplify.	Turn off the TV.	Take a risk.	Live in the moment.
Doodle.	Take a trip.	Watch aquarium fish.	Daydream.	Sign up for a class.
Keep a list and check off things done.	Throw away something you don't like.	Draw a picture, even if you can't draw.	Light a candle and read by candlelight.	Volunteer some time to a good cause.
Read a funny book.	Donate to a worthy cause.	Make time for solitude every day.	Watch the clouds.	Play like a child.
Hug a child.	Walk to the nearest park.	Play with a child.	Take a brisk walk.	Warm a heart.
Schedule time with yourself.	Value your feelings.	Talk out a problem.	Laugh at yourself.	Go to bed early.
Follow an impulse.	Write a poem.	Smell a flower.	Give yourself a present.	Waste time without feeling guilty.
Call a friend.	Let someone do you a favor.	Allow yourself to make a mistake.	Watch the sunset.	Face a fear.
Listen to music.	Dance around the living room.	Take a bubble bath by candlelight.	Go for a swim.	Hold hands with someone.
Call a counselor to help with difficult problems.	Reward yourself for reaching a goal.	Walk in the grass with your shoes off.	Take a drive to the mountains or the beach.	Find something good in everyone you meet.
Tell someone you love them.	Sing.	Follow your intuition.	Make something.	Have breakfast in bed.
Watch the rain.	Sit in the woods.	Have a good cry.	Float on an air mattress.	Take ten deep breaths.
Meditate.	Begin daily stretching exercises.	Take an art class.	Go to a museum.	Don't hurry today.
Plant a garden.	Say no.	Finish a project.	Plant a tree.	Have someone rub your back.
Read a novel.	Sit in a hot tub.	Take a nap.	Be flexible.	Sleep under the stars.
Hug a dog.	Make a list of your good qualities.	Talk to a cat.	Do one thing at a time.	Breathe deeply.
Laugh.	Swing in a swing.	Go backpacking.	Offer someone else a compliment.	Go swimming.
Give yourself permission to indulge.	Make a list of all the reasons you'll make a good parent.	Receive a compliment without apology.	Get a massage.	Sit by the fire.
Go skinny-dipping.	Throw a Frisbee.	Keep a journal.	Walk in the sand.	Go to the ocean.
Get up early and listen to the quiet.	Listen to children laugh.	Watch a funny movie.	Watch the sunrise.	Eat by candlelight.
Eat well.	Express your needs.	Paint your nails.		

100+ WAYS TO TAKE CARE OF AND ROMANCE EACH OTHER

Recreate your first date.	Start your own traditions.	Dine by candlelight.	Hug.	Gaze into each other's eyes.
Attend religious services together.	Kiss hello.	Share a bubble bath.	Rent <i>Sleepless in Seattle</i> .	Write each other love notes.
Wear his favorite perfume.	Rub each other's feet.	Be cheerful.	Have a picnic.	Pass love notes discreetly in public.
Be the first to say you're sorry.	Spend the entire day in bed.	Fluff each other's pillows.	Make the bed.	Treat her to a pedicure.
Mail your love a letter.	Be patient.	Ask HIM out on a date.	Be lazy together.	Make sure she gets plenty of rest.
Hold hands while watching television.	Dine on your best dishes, just because.	Have a date with each other every week.	Have "your song" played on the radio.	Make a romantic wish on a new moon.
Fall asleep touching.	Whisper in bed.	Tuck each other into bed.	Send a message in morse code.	Create your own love coupons.
Sing in the shower together.	Say something kind every day.	Reread your marriage vows.	Brush her hair.	Praise your spouse in public.
Always make time for each other.	Dance at home to the radio.	Keep your promises.	Lay an orchid on her pillow.	Make sure she takes her vitamins.
Wash his car.	Order a massage for two.	Read religious books together.	Shine his shoes.	Work at being a great couple.
Keep each other warm with body heat.	Turn off the television during meal times.	Look at your wedding pictures and video.	Leave a love note in lipstick on the bathroom mirror.	Send a card when it is least expected.
Look your best for him.	Take an evening carriage ride.	Kidnap your mate for a date.	Browse a bookstore together.	Dance by moonlight.
Curl up together.	Take dancing lessons together.	Caress each other.	Touch. A lot.	Count your joint blessings.
Be respectful.	Flirt with each other.	Blow kisses.	Host a pajama party for two.	Leave notes for one another.
Put effort into planning a date.	Snuggle often.	Light candles.	Serve dinner in bed.	Serve breakfast in bed.
Send her a Mother's Day card, even if the baby hasn't yet arrived.	Play the game of twenty questions to get to know each other all over again.	Hold her when she cries.	Bring her a comfy new body pillow when sleeping becomes less comfortable.	Encourage one another.
Set the alarm clock for when he needs to get up.	Get him a father's day card, even if your baby hasn't arrived yet.	Kidnap your mate for a surprise breakfast.	Bring your children to a sitter and just stay home together.	Fill your mate's car with balloons just because.
Use paper plates for supper and write a little love note around the edge.	Realize that real romance doesn't have to cost a penny.	"Lip sync" your favorite song for one another.	Let him sleep in.	