

The Ultimate List of Things to do

During Intentional Time Alone

- Rest
- Journal
- Cook
- Make a smoothie
- Create a clean space
- Re arrange a room
- Make something warm to drink
- Enjoy your daily hygiene routine
- Moisturize your skin
- Create a skin care routine
- Check in with yourself
- Practice positive self talk
- Work out
- Stretch
- Meditate
- Pray
- Sit in silence
- Read
- Create a bucket list
- Start a gratitude list
- Write a letter to yourself
- Identify a current stressor
- Play a video game
- Practice a creative skill
- Make a hair or face mask
- Reflect on your week
- Take inventory of yourself
- Daydream
- Dance to throwback jams
- Find a new playlist
- Discover a new podcast
- Dream about your future
- Arrange your clothes for the week
- Take a nap
- Think about your fears
- Think about your joys
- Meal Prep