



# 100 WAYS TO RADICAL SELF-CARE

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## BODY

## SOCIAL

## NATURE

## RITUAL

## NOURISH

## CREATIVE

## MIND

- |                                 |                           |                                |                                |                               |                         |                                      |
|---------------------------------|---------------------------|--------------------------------|--------------------------------|-------------------------------|-------------------------|--------------------------------------|
| 1. FLOSS MORNING AND NIGHT      | 1. TALK TO A FRIEND       | 1. MOONGAZE FOR 10 MINS        | 1. GRATITUDE FOR 5 THINGS      | 1. SUGAR FREE DAY             | 1. ACT ON AN IDEA       | 1. RECORD YOUR DREAMS                |
| 2. LOTION MASSAGE               | 2. HELP A STRANGER        | 2. LIE ON THE EARTH            | 2. PRAY FOR LOVED ONES         | 2. TAKE YOUR SUPPLEMENTS      | 2. CREATE A WORK OF ART | 2. READ A NEW BOOK                   |
| 3. DRY BRUSH BEFORE SHOWER      | 3. SAY "I LOVE YOU"       | 3. SPEND TIME WITH A PET       | 3. CREATE ALTAR                | 3. A CUP OF HERBAL TEA        | 3. LISTEN TO GOOD MUSIC | 3. WATCH A TED TALK                  |
| 4. FOAM ROLL MUSCLE GROUPS      | 4. WRITE A LETTER         | 4. SIT WITH A PLANT            | 4. VISION BOARD                | 4. DARK LEAFY GREENS          | 4. SING A SONG YOU LOVE | 4. MEDITATE FOR 10+ MINUTES          |
| 5. DIFFUSE ESSENTIAL OILS       | 5. APOLOGIZE TO SOMEONE   | 5. WATER THE PLANTS            | 5. CHARGE WATER IN MOONLIGHT   | 5. EAT/DRINK A FERMENT        | 5. TRY A NEW THING      | 5. WATCH A DOCUMENTARY               |
| 6. 10 MINUTE BRISK WALK         | 6. RANDOM ACT OF KINDNESS | 6. FIRE GAZE FOR 10 MINUTES    | 6. CHARGE CRYSTALS             | 6. LOW CARB MEALS             | 6. TAKE A NEW WAY HOME  | 6. PLAY A BOARD GAME                 |
| 7. INFRARED SAUNA               | 7. FORGIVE SOMEONE        | 7. PICK UP LITTER              | 7. PSYCHIC CLEARING            | 7. THREE HOME-COOKED MEALS    | 7. COMBINE TWO IDEAS    | 7. JOURNAL ABOUT YOUR FEELINGS       |
| 8. HAIR MASK OR FACE MASK       | 8. HUG FOR 10 SECONDS     | 8. GET IN THE GARDEN           | 8. TAROT/CARD READING          | 8. FARMERS MARKET             | 8. DISOBEY 10 OBJECTS   | 8. BE MINDFUL OF YOUR MOOD           |
| 9. 8 HOURS OF SLEEP             | 9. 1 DAY NO SOCIAL MEDIA  | 9. FIND A VIEW OF NATURE       | 9. MAKE AN OFFERING            | 9. GIVE THANKS BEFORE MEAL    | 10. TAKE A RISK         | 9. LISTEN TO A PODCAST               |
| 10. FAST FOR 16 HOURS           | 10. COMPLIMENT SOMEONE    | 10. SWIM IN OCEAN/LAKE         | 10. BLESS YOUR WATER           | 10. 8 CUPS OF WATER           | 11. PUT UP ARTWORK      | 10. LEARN A NEW LANGUAGE             |
| 11. 1 MINUTE DEEP BREATHING     | 11. REMAIN CALM OR MONEY  | 11. 20 MINUTES IN THE SUN      | 11. GO TO A YOGA CLASS         | 11. EAT SOME HEALTHY FAT      | 12. GET A HAIRCUT       | 11. REPEAT "I AM ENOUGH"             |
| 12. ORGASM                      | 12. DONATE TIME           | 12. WALK IN NATURE 30+ MINUTES | 12. READ YOUR HOROSCOPE        | 12. CHEW 20 TIMES             | 13. MAKE A PHOTO BOOK   | 12. DE-CLUTTER YOUR SPACE            |
| 13. TAKE AN EPSOM SALT BATH     | 13. ASK FOR ASSISTANCE    | 13. BE BAREFOOT ON THE GRASS   | 13. TANTRIC SEX                | 13. DARK CHOCOLATE            | 14. WRITE A POEM        | 13. OBSERVE SELF-TALK                |
| 14. EXERCISE 20-50 MINUTES      | 14. SAY NO TO SOMETHING   | 14. WORK OUTSIDE               | 14. I.D. FIVE BEAUTIFUL THINGS | 14. STOP EATING WHEN 80% FULL |                         | 14. TURN OFF PHONE 1 HOUR BEFORE BED |
| 15. 30 SECOND COLD SHOWER BLAST | 15. LAUGH!!!              |                                |                                |                               |                         |                                      |

**DAILY ACTS OF SELF-CARE MAKE ME RESILIENT, VITAL AND CAPABLE OF EXPERIENCING LIFE FULLY. I CAN ONLY GIVE WHEN I RECEIVE AND AM PLENTIFUL. I MATTER. WHEN I CARE FOR MYSELF I CAN CARE FOR OTHERS. WHEN I LOVINGLY CARE FOR MYSELF, I INSPIRE OTHERS TO LOVINGLY CARE FOR THEMSELVES TOO.**