

Plant some flowers	Pop some popcorn
Have a picnic	Try a new restaurant
Eat ice cream	Plan a weekend getaway
Bake cakes	Visit your grandparents
Visit a farm	Make a blanket fort
Go to the zoo	Blow bubbles outside
Decorate eggs	Paint rocks
Make some Easter cards	Read a new book
Pick berries	Play in the rain
Go on a bike ride	Spot a rainbow
Fly a kite	Catch butterflies
Take a family photo	Find a ladybug
Pick wildflowers	Play frisbee
Spring cleaning	Find a four-leaf clover
Make a Mother's Day present	Make a flower necklace
Take a nature walk	Play at the park
Jump in puddles	Make lemonade
Have a "no screen" day	Enjoy an outdoor concert

Make mocktails	Walk barefoot in the grass
Visit a flower field	Start a gratitude journal
Hang a bird feeder	Go bowling
Read a book about fresh starts	Dress up in bright colors
Visit a Hot Air Balloon Festival	Play a fun sport
Make banana muffins	Have a water balloon fight
Start a vegetable garden	Go on an Easter egg hunt
Donate old clothes	Visit a farmer's market
Jump on a trampoline	Eat strawberry shortcake
Make mud pies	Stargaze at night
Go to an aquarium	Watch the sunset
Paint a flower pot	Find shapes in the clouds
Ride a swing	Soak in a hot spring
Go on a family walk	Visit the sand dunes
Make a cheerful music playlist	Declutter
Feed the squirrels	Plan summer trips
Play hopscotch	Buy a new spring dress
Smell the wildflowers	Find a local fair

Find a butterfly exhibit	Make upcycled Easter baskets
Plant flowers in a pot	Decorate your outdoor space
Wash the car	Go to a baseball game
Play golf	Try outdoor yoga
Feed the ducks	Arrange some flowers
Go fishing	Explore a pond
Have a BBQ party	Visit a botanical garden
Get a fresh spring manicure	Make a fruit smoothie
Take a walk around a lake	Make a suncatcher
Make a rainbow craft	Take pictures of nature
Shop garage sales	Find seasonal produce
Visit the library	Splash in puddles
Schedule a self-care night	Watch a festive parade
Add some plants to your home	Go on a waterfall hike
Paint rainbows	Decorate your home for spring
Make paper planes	Celebrate April Fool's Day
Hang windchimes	Run a 5K for a good cause
Make an Easter/Spring wreath	Pay it forward

SPRING

Self-care Bucket List

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Eat healthy							
Spend time in the sunshine							
Deep clean and declutter							
Listen to the birds sing							
Create a vision board							
Do a digital detox							
Change your room decor							
Add 10 minutes of stretching							
Go for a walk							
Get outside daily							
Start a DIY project							
Organize your closet							
Read an inspiring book							
Buy yourself flowers							
Change up your skincare routine for the warmer months							

Movies to watch	Restaurants to eat at
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Spring recipes to try	Things to donate
Books to read	Spring must-haves to buy

New skills to learn	Habits to change
Spring clothes to buy	New sports to try
New crafts to do	Desserts to bake

New podcasts to listen to	Venues/gardens to visit
New seasonal fruits to try	New goals to aim for
Spring colors to try on	Outdoor activities to do

SPRING Photo Challenge

Butterfly	Bubbles
Flowers	April showers
Puddles	Rainbow
Leaves	Sunrise
Birds in a nest	Rainboots
Wildflowers	Easter baskets
Lemonade	Planting seeds
Salad	Trees in bloom
Easter eggs	Picnic in the park
Grass	Spring outfit
Garden	Kites flying
Bicycle	Blue skies
Fruits	Handmade gift for mom
Limes	Baseball
Umbrella	Dandelions
lce cream	Ladybug
Bunny	Cakes
Squirrel	Spring cleaning



Get daily fresh air
Change colors and decors inside the house
Soak up in the Spring sunshine
Play in the Spring rain
Practice meditation
Dedicate more time to exercise
Go camping
Take a good book and read at the park
Water your plants
Create a positive, repetitive habit
Daily stroll
Develop a night time routine
Practice mindfulness
Prioritize yourself