



50 'ME TIME' IDEAS

Me Time: Spend Time with Yourself



Chasing Life Moments

- act like a child
- art & craft
- attend classes / workshop
- car driving
- cleaning
- coloring
- cooking / baking
- create home spa
- dancing
- enjoy nature
- gardening
- get massage
- go on the self-date
- go for a show
- go out for a dinner
- go to cinema
- hiking / climbing
- home improvement projects
- indoor sport activities
- lie down on the beach
- listen to a podcast
- listen to the music
- look at photos
- mandalas drawing
- meditation
- musical instruments playing
- outdoor sport activities
- painting
- photography
- play with animals
- read books / magazines
- reflection time
- shopping
- silent time
- sleeping / taking a nap
- solo travelling
- stars gazing
- taking up a new hobby
- tea / coffee time
- try something new
- TV / movies watching
- unplugging
- video games playing
- volunteering
- walking
- watching sunrise / sunset
- wine / beer sipping
- working on a puzzle
- world wide web
- writing a letter