

# How to Build An Intentional Self Care Routine

Self care is the practical actions you take to care for yourself to improve your mental and physical health and increase your innate self value.

It's crucial to prioritize yourself by doing something nice for yourself every day—no matter how small it may be.

When crafting your self-care routine, don't just rely on generic ideas from the internet. Instead, opt for practices that hold genuine meaning for you.

Here are a few intentional self-care practices to help you build a self care routine.

- something you love
- something you need to improve on
- something that makes you feel good
- something to keep track of your progress - whether its a habit tracker, app, or journal

When you adopt this approach and implement intentional practices, you'll see yourself making progress and gaining confidence along the way. By making yourself a priority, you're basically saying, "Hey, I matter." And the more you do it, the more natural it becomes. So, go ahead, put yourself first.

You've got this!