



self-care on a budget

DATE NIGHT EDITION

Spa Date

AT-HOME FACIALS, FACE MASKS, AND FOOT MASKS YOU CAN REFER TO MY [SPA EDITION WORKSHEET](#) FOR MORE RECOMMENDATIONS

Lunch Date

COOK A SMALL MEAL AT HOME, PACK IT, AND TAKE IT TO THE PARK. (ORDERING TAKE OUT IS ALSO AN OPTION)

Couple Workout

TAKE A JOG AROUND YOUR LOCAL PARK, GO FOR A HIKE TOGETHER, OR DO SOME OF THE WORKOUTS FROM MY [EXERCISE EDITION WORKSHEET](#)

Paint & Sip

DOLLAR TREE SELLS CANVASES, ACRYLIC PAINTS, AND PAINT BRUSHES. \$1 PER ITEM! BUY WHAT YOU WANT (ALCOHOL OPTIONAL), AND YOUTUBE SOME TUTORIALS. AS CHEAP AS \$20 DEPENDING ON YOUR DRINKS OF CHOICE.

Cooking Night

FIND A NEW RECIPE YOU'D LIKE TO TRY, GO BUY THE ITEMS, AND COOK TOGETHER. PLAY SOME MUSIC, LEAVE THE PHONES ALONE. IT CAN BE A TRULY GREAT EXPERIENCE.

