

Self-Care Bingo

READ A BOOK	EXERCISED	WORE MY FAVORITE OUTFIT	WENT ON A ADVENTURE	MADE A PLAYLIST
MADE MY FAVORITE DRINK	TURNED OFF MY PHONE	TOOK 5 DEEP BREATHS	WROTE AN AFFIRMATION	STARTED A NEW TV SHOW
WENT SOMEWHERE BEAUTIFUL	SET BOUNDARIES	FREE	TOOK UP A NEW HOBBY	CALLED UP AN OLD FRIEND
WROTE IN MY JOURNAL	WENT FOR A WALK	GAVE MYSELF A MANI/PEDI	COOKED A NEW DISH	PRACTICED GRATITUDE
RE-ORGANIZED	LAUGHED OUT LOUD	MADE COOKIES	USED A FACE MASK	LISTENED TO A PODCAST

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