

# SELF-CARE BINGO



TAKE A SHOWER	CATCH UP WITH FRIENDS	MEDITATE	EAT GOOD FOOD	LISTEN TO YOUR BODY
COMPLIMENT YOURSELF	LAUGH OUT LOUD	DANCE IN THE KITCHEN	TAKE A BREAK	APPLY A FACE MASK
ENJOY A MOVIE/SHOW	TAKE A NAP	COMPLIMENT SOMEONE	GET SOME FRESH AIR	DECLUTTER YOUR SPACE
CUDDLE YOUR PET	DO AFFIRMATIONS	TREAT YOURSELF	SUCCESS JOURNAL	WORK OUT
GO FOR A WALK	LIGHT A CANDLE	SLEEP EARLY	SAY "NO"	ENJOY A GOOD BOOK