

Self Care

B I N G O

Eat Something Healthy	Unfollow People on Social	Read	Forgive Someone	Motivational Video
Declutter	Drink a Cup of Tea	Write Down Your Goals	Say No to Something	Brain Dump
Moisturize	Write Down 5 Things that Make You Feel Good		Make a Smoothie	Write a Card to a Friend
Color	Meal Plan	Buy Yourself Flowers	Plan Your Week or Month	Set Out Your Clothes
Brain Dump	Eat Breakfast in Bed	Communicate Your Needs	Face Mask	Deep Condition Your Hair

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Check Something off To Do List	Read a Favorite Blog	Get Ready for the Day	Go Outside	Text a Loved One
15 Squats	Brain Dump	Drink Water	Diffuse Essential Oils	Positive Affirmations
Put Your Phone Down	Take Your Vitamins		Meditate	Clean Something
Stretch	Vision Board	Body Scan	Cuddle with a Pet	10 Jumping Jacks
Walk Around the Block	Play Music	Hug Loved Ones	3 Deep Breaths	Smile

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Read	Quick Shower	Brain Dump	Write a Card to a Friend	Motivational Video
Clean Something	Vision Board	Read a Favorite Blog	Eat Something Healthy	Buy Yourself Flowers
Cuddle with a Pet	Diffuse Essential Oils		Write Down Your Goals	Walk Around the Block
Forgive Someone	Stretch	Set Out Your Clothes	Get Ready for the Day	Deep Condition Your Hair
Body Scan	Unfollow People on Social	Meditate	Check Something off To Do List	Face Mask

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Moisturize	Declutter	3 Deep Breaths	Eat Breakfast in Bed	Meal Plan
15 Squats	Write Down 5 Things that Make You Feel Good	Brain Dump	Positive Affirmations	Smile
Put Your Phone Down	Communicate Your Needs		Hug Loved Ones	Plan Your Week or Month
Go Outside	Make a Smoothie	Play Music	Say No to Something	10 Jumping Jacks
Drink a Cup of Tea	Text a Loved One	Drink Water	Color	Take Your Vitamins

Self Care

Card
#5

B I N G O

Diffuse Essential Oils	Stretch	Check Something off To Do List	Clean Something	Deep Condition Your Hair
Brain Dump	Set Out Your Clothes	Quick Shower	Write a Card to a Friend	Motivational Video
Go Outside	15 Squats		Meditate	Body Scan
Read	Eat Something Healthy	Vision Board	Unfollow People on Social	Smile
Read a Favorite Blog	Journal	Cuddle with a Pet	Face Mask	Get Ready for the Day