

Self-Care BINGO

Read A Book	Give Yourself A Positive Pep Talk	Soak In A Bubble Bath	Organize Your Closet	Update Your Calendar
Give Yourself A Manicure	Write In A Journal	Go For A Drive	Take A Nap	Make A List Of Personal Goals
Take A Walk	Create A Motivating Playlist		Allow Yourself To Relax	Put On A Face Mask
Go To Bed Early	Clean Out Your Medicine Cabinet	Do Something You Love	Wash Your Bedding	Have A Private Dance Party
Make Your Favorite Meal	Call A Friend And Chat	Try Yoga or Meditation	Sleep In	Do One Thing You've Been Putting Off