

Self-Care

B I N G O

Wrote Down Positive Affirmations for Myself	Finished 150 Minutes of Exercise This Week	Did Something I've Been Putting Off	Took a Minute for Myself	Did a Happy Dance
Practiced Gratitude	Played with a Pet	Enjoyed Time Doing My Favorite Hobby	Meditated/ Prayed	Spent Time in Nature
Went for a Wellness Walk	Called a Friend I've Been Missing		Went to Bed at a Reasonable Time	Made a Gratitude List
Took a Quiet Time Out	Ate Something Delicious	Enjoyed Doing Nothing	Read a Book Just for Fun	Thought of Something That Made You Smile
Tried Something New	Listened to My Favorite Song	Spent Quality Time with Someone I Love	I Wrote Down My Feelings	Cooked My Favorite Comfort Food

