Self-Care Bingo

Try a new recipe	Buy something just for you	Enjoy nature for 20 min	Spend time with friend(s)	Listen to relaxing music
Eat 2 servings of fruit	Take a bath	Play a game	Dance in your living room	Show gratitude
Take a 10 min exercise break	Watch a TED talk	**FREE**	Do a random act of kindness	Go to bed early
Have a cell phone free evening	Spend time with pet(s)	Jump in a puddle	Get an extra 30 minutes of activity today	Meditate for 10 minutes
Get a pedicure or manicure	Drink 8 glasses of water today	Read a book	Watch your favorite movie	Eat a dark green vegetable

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