B	I	N	G	O
happiness	peaceful	relaxation	journaling	a nap
meditation	laughter	exercise	Mani/Pedi	catching up with a friend
love	self-care	CAREGIVER RULES!	shopping	hobby
5k	hugs	vacations	a good book	hair appointment
kindness	puzzles	a good diet	favorite TV show	facial

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B	I	N	G	O
kindness	laughter	exercise	shopping	a nap
5k	self-care	relaxation	Mani/Pedi	hair appointment
love	hugs	CAREGIVER RULES!	a good book	catching up with a friend
meditation	peaceful	a good diet	journaling	hobby
happiness	puzzles	time to do nothing	favorite TV show	facial

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B	I	N	G	O
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