

Amore's Self Care Bingo

Watch a podcast you've been wanting to see	Be still and listen to music	Get a manicure	Spend time with family	Read for fun
Deep breathing for 1 minute	Take a shower	Spend 15 minutes reading your Bible	Call a friend	Take a bath
Write down 5 things you are grateful for	Choose 1 thing to do tonight to celebrate your marriage	FREE	Intentionally use positive self-talk	Make a meal
Take Miri for a walk	Make and ENJOY a tea or coffee	Spend 20 minutes in nature	Get a massage	Spend 10 mins in prayer
Dance for 10 mins! :)	Splurge on yourself	Do 1 task on your to-do list	Write in a journal	Enjoy a small treat

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Write down 5 things you are grateful for	Write in a journal	Call a friend	Make and ENJOY a tea or coffee	Deep breathing for 1 minute
Spend time with family	Make a meal	Get a manicure	Spend 10 mins in prayer	Choose 1 thing to do tonight to celebrate your marriage
Intentionally use positive self-talk	Be still and listen to music	FREE	Get a massage	Spend 20 minutes in nature
Enjoy a small treat	Watch a podcast you've been wanting to see	Do 1 task on your to-do list	Take Miri for a walk	Dance for 10 mins! :)
Read for fun	Identify and appreciate small steps taken	Take a bath	Spend 15 minutes reading your Bible	Take a shower

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Take Miri for a walk	Get a massage	Write down 5 things you are grateful for	Enjoy a small treat	Spend time with family
Splurge on yourself	Take a bath	Write in a journal	Make and ENJOY a tea or coffee	Choose 1 thing to do tonight to celebrate your marriage
Spend 20 minutes in nature	Call a friend	FREE	Intentionally use positive self-talk	Get a manicure
Identify and appreciate small steps taken	Read for fun	Dance for 10 mins! :)	Be still and listen to music	Watch a podcast you've been wanting to see
Take a shower	Spend 15 minutes reading your Bible	Make a meal	Spend 10 mins in prayer	Do 1 task on your to-do list