Self Care Bingo

Watch a new tv show	Ate a Healthy Meal	Enjoy Nature for 30 mins	Treated Yourself	Read a new book
Did YOGA	Watch Something Funny	Spent Family Time	Call a Long Distant Friend	Talk to a Friend
Walk in the Park	Went to Bed Early	**FREE**	Clean a Room	Got a Pedicure
Got a massage	Try a New Recipe	Paid a Debt	Got a Manicure	Sing or Dance
Got Dressed Today	Clear Clutter and Donate 5 things	Stretch	Wrote a letter to Self	Drank Water

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Self Care Bingo

Went to Bed Early	Call a Long Distant Friend	Treated Yourself	Did YOGA	Spent Family Time
Enjoy Nature for 30 mins	Wrote a letter to Self	Read a new book	Clear Clutter and Donate 5 things	Talk to a Friend
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Got a Manicure	Stretch	Watch a new tv show	Drank Water	Try a New Recipe
Paid a Debt	Sing or Dance	Walk in the Park	Watch Something Funny	Got Dressed Today

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