

B	I	N	G	O
Write Encouraging affirmations to look at everyday	"unplug" from electronics	Drink lots of water	Take a nap	Play with a pet
Allow yourself to make mistakes	Try Something new	Read/Write poetry	30 minute workout	Stand in the sunshine
Think about happy memories	Accept yourself	FREE	Read a book	Let yourself cry
Listen to music	Take a shower/bath	Listen to your body	Say Yes to yourself	Talk to a friend
Go outside	Exercise	Practice Self Compassion	Accomplish 1 to do item	Allow yourself to feel & express your feelings

B	I	N	G	O
Read a book	Play with a pet	Accept yourself	Think about happy memories	Accomplish 1 to do item
Take a nap	Let yourself cry	Listen to music	Try Something new	30 minute workout
Write in a journal	Practice Self Compassion	FREE	Allow yourself to make mistakes	Drink lots of water
Say Yes to yourself	Stand in the sunshine	Read/Write poetry	Take a shower/bath	Allow yourself to feel & express your feelings
"unplug" from electronics	Write Encouraging affirmations to look at everyday	watch a movie	Dance	Exercise

B	I	N	G	O
Read a book	Allow yourself to make mistakes	Say Yes to yourself	Dance	30 minute workout
"unplug" from electronics	watch a movie	Write in a journal	Allow yourself to feel & express your feelings	Try Something new
Be responsible for your actions	Take a shower/bath	FREE	Listen to your body	Stand in the sunshine
Practice Self Compassion	Listen to music	Let yourself cry	Accept yourself	Talk to a friend
Accomplish 1 to do item	Think about happy memories	Play with a pet	Drink lots of water	Read/Write poetry