

Self-Care Bingo

Was LAZY	Ate something delicious	Planting	Took a nap	Spent quality time with someone I love
Get a massage	Vented to someone I trust	Stretched	Doing some skin care	Tried something new
Watching movies/series that I love	Drink tea	FREE	Reading books	Sleeping on time
Took quiet time	Spent quality time with my self	Taking vitamins	Read a book	Spent time outside
Eating healthy foods	Took a relaxing bath	Listening to my favorite playlist	Worked out	Make time for hobbies

Self-Care Bingo

Watching movies/series that I love	Worked out	Doing some skin care	Spent quality time with my self	Get a massage
Took a nap	Sleeping on time	Planting	Spent time outside	Drink tea
Reading books	Ate something delicious	FREE	Read a book	Taking vitamins
Make time for hobbies	Was LAZY	Listening to my favorite playlist	Took quiet time	Eating healthy foods
Spent quality time with someone I love	Read for fun	Tried something new	Stretched	Vented to someone I trust

Self-Care Bingo

Took quiet time	Read a book	Watching movies/series that I love	Make time for hobbies	Took a nap
Took a relaxing bath	Tried something new	Worked out	Spent quality time with my self	Drink tea
Taking vitamins	Doing some skin care	FREE	Reading books	Planting
Read for fun	Spent quality time with someone I love	Eating healthy foods	Ate something delicious	Was LAZY
Vented to someone I trust	Stretched	Sleeping on time	Spent time outside	Listening to my favorite playlist