Self-Care Bingo

Try a new recipe	Appreciate small steps towards goals	Free Space	Take a 10 min exercise break	Play a game
Deep breathe for 1 min	Take time to be alone	Spend time with family	Buy myself something nice	Spend time with pet(s)
Take time away from social media	Try something new	**FREE**	Create something unique	Listen to relaxing/favorite music/song
Make time for hobby	Take a bath	Meditate for 10 minutes	Get a massage	Read a book
Get a manicure/pedicure	Dance	Spend time with friend(s)	Watch a movie	Free Space

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Self-Care Bingo

Try something new	Buy myself something nice	Take a 10 min exercise break	Deep breathe for 1 min	Spend time with family
Free Space	Watch a movie	Play a game	Dance	Spend time with pet(s)
Make time for hobby	Create something unique	**FREE**	Listen to relaxing/favorite music/song	Appreciate small steps towards goals
Get a massage	Spend time with friend(s)	Try a new recipe	Free Space	Take a bath
Meditate for 10 minutes	Read a book	Take time away from social media	Take time to be alone	Get a manicure/pedicure

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Self-Care Bingo

Dance	Spend time with friend(s)	Buy myself something nice	Read a book	Create something unique
Try a new recipe	Make time for hobby	Meditate for 10 minutes	Take time to be alone	Play a game
Take time away from social media	Free Space	**FREE**	Take a bath	Get a massage
Try something new	Spend time with pet(s)	Take a 10 min exercise break	Watch a movie	Free Space
Listen to relaxing/favorite music/song	Appreciate small steps towards goals	Spend time with family	Deep breathe for 1 min	Get a manicure/pedicure

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