

Hans' Self-Care Bingo

Talk to myself	Clean	Deep breaths	Recite a quote	Make new friends
Create something	Talk to a friend	Personal hygiene	Coffee / Tea time	Read
Start a new personal project	Try something new	TAKE A BREAK	Cook	Get inspired
Go outside	Set deadlines	Identify good traits in myself	Face your fear	Make peace with the past
Exercise	Create expectations	Prepare an outfit	Update resume	Declutter

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Try something new	Coffee / Tea time	Recite a quote	Create something	Personal hygiene
Deep breaths	Update resume	Make new friends	Create expectations	Read
Go outside	Cook	TAKE A BREAK	Get inspired	Clean
Face your fear	Prepare an outfit	Talk to myself	Declutter	Set deadlines
Identify good traits in myself	Make peace with the past	Start a new personal project	Talk to a friend	Exercise

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Create expectations	Prepare an outfit	Coffee / Tea time	Make peace with the past	Cook
Talk to myself	Go outside	Identify good traits in myself	Talk to a friend	Make new friends
Start a new personal project	Declutter	TAKE A BREAK	Set deadlines	Face your fear
Try something new	Read	Recite a quote	Update resume	Deep breaths
Get inspired	Clean	Personal hygiene	Create something	Exercise