

Self-Care Bingo

Get a massage	Meditate for 10 minutes	Enjoy nature for 20 min	Watch a TED talk	Take a bath
Watch a movie	Try a new recipe	Take a 10 min exercise break	Make time for hobby	Dance in your living room
Spend time with friend(s)	Get a pedicure	FREE	Read a book	Create something
Get a manicure	Listen to relaxing music	Take time out from tech	Play a game	Appreciate small steps towards goals
Jump in a puddle	Spend time with pet(s)	Deep breathing for 1 min	Try something new	Spend time with family

This bingo card was created randomly from a total of 24 events.

Appreciate small steps towards goals, Create something, Dance in your living room, Deep breathing for 1 min, Enjoy nature for 20 min, Get a manicure, Get a massage, Get a pedicure, Jump in a puddle, Listen to relaxing music, Make time for hobby, Meditate for 10 minutes, Play a game, Read a book, Spend time with family, Spend time with friend(s), Spend time with pet(s), Take a 10 min exercise break, Take a bath, Take time out from tech, Try a new recipe, Try something new, Watch a TED talk, Watch a movie.

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Watch a TED talk	Dance in your living room	Read a book	Appreciate small steps towards goals	Create something
Get a pedicure	Listen to relaxing music	FREE	Try something new	Get a manicure
Spend time with family	Jump in a puddle	Play a game	Watch a movie	Enjoy nature for 20 min
Take a 10 min exercise break	Deep breathing for 1 min	Spend time with pet(s)	Make time for hobby	Take a bath

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