



Self Care Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Make a keto friendly dessert	Go out to lunch	Go someplace new	Listen to a podcast	Spend 1 hour outside
Listen to music	Visit family	Exercise	Take deep breaths	Watch a TED Talk
Read a book	Turn off phone for an afternoon	Call someone	Write a letter	Watch a movie
Go to a thrift store	Practice drawing icons	Decorate a journal	Cross stitch a small picture	Help a friend
Take a walk	Write in a journal	Take a ride	Pray	