

# BINGO

*Self Care*

Get a  
massage

Go for a  
walk

Take a  
bubble  
bath

Watch  
your  
favorite  
show

Read a  
book

Go to bed  
early

Do  
something  
crafty

Get a  
diffuser

Go to  
lunch by  
yourself

Express  
gratitude

Get a  
pedicure

Listen to a  
podcast

Buy some  
flowers for  
yourself

Give  
yourself a  
facial

Exercise

Go on a  
picnic with  
friends

Do  
some  
yoga

Buy  
something  
for  
yourself

Relax at a  
coffee  
shop

Wake up  
late