

Self-Care Bingo

let someone else's drama stay theirs	stay sugar free for the day	write morning pages	get outside in the sun	chat with a friend with no agenda
take a nap	organize my desk	make a next-tier vision board	dance to the music in my head	put hand on heart and take a deep breath
talk out a feeling rather than letting it fester	buy myself flowers	Free space! 	say no without a pang of regret or worry	giggle 'til it hurts
stretch	do arts and crafts for fun	stay off social media for the day	meditate	label my feelings as my own
work a puzzle	leave a party early because it feels right	listen to an Abraham-Hicks MP3	make a gratitude list	declutter

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