

# SELF-CARE BINGO



TOOK A  
SOCIAL  
MEDIA  
DETOX

WALK 10K  
STEPS

COMPLETED  
8-9 HOURS  
OF SLEEP

DRANK  
MORE  
WATER

DID A  
SKINCARE  
ROUTINE

TRIED A  
NEW HABIT

MEDITATED

DID YOGA  
OR  
EXERCISE

SATISFIED  
CRAVINGS

PRACTICED  
GRATITUDE

READ A  
BOOK

TOOK  
MYSELF  
ON A DATE

**MAKE  
YOURSELF  
A PRIORITY**

EXPLORED  
A NEW  
PLACE

PAMPERED  
MYSELF

DRANK  
MORE  
WATER

PRACTICED  
DEEP  
BREATHING

PROCESSED  
MY  
FEELINGS

DID  
SOMETHING  
I LOVE

GOT  
MYSELF A  
GIFT

LET  
MYSELF  
CRY

DID  
SOMETHING  
NEW

WROTE  
IN A  
JOURNAL

GAVE  
MYSELF A  
COMPLIMENT

DRESSED UP