



# SELF CARE BINGO!

GOT  
DRESSED

TOOK A  
SHOWER

DRANK  
WATER

WROTE DOWN  
IN MY  
JOURNAL

COMPLIMENTED  
MYSELF

DROPPED  
A HABIT

ATE GOOD  
FOOD

HAD  
FUN!

GOT 8  
HOURS  
OF SLEEP

DONE A  
GRATITUDE  
LIST

LISTENED  
TO MY  
BODY

MEDITATED

LISTENED  
TO MUSIC

TOOK STEPS  
TO TAME  
NEGATIVE  
THOUGHTS

LAUGHED

EXERCISED

SPENT SOME  
TIME  
OUTSIDE

ASKED FOR  
HELP

PROCESSED  
MY FEELINGS

SET A  
GOAL!

COMPLIMENTED  
SOMEONE

SAID YOUR  
AFFIRMATIONS

DECLUTTERED  
MY SPACE

SMILED AT  
MYSELF