

# Self-Care Bingo

YOU DESERVE THE BEST THINGS

Meditate

Take a  
warm  
bath

Keep a  
journal

Dance

Stretch

Do yoga

Help  
someone

Eat  
chocolate

Take a  
nap

Go for a  
walk

Listen to  
calming  
music

Crafting

Free  
Space

Declutter  
your  
space

Massage

Cook for  
yourself

Hug a  
loved one

Read a  
short  
novel

Buy  
yourself  
flowers

Do a  
brain  
dump

Celebrate  
small  
achievements

Make a  
quote list

Watch a  
random  
talk

Call an old  
friend

Drink  
green tea

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