

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

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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