

SELF-CARE BINGO

Today I...

Wrote down 5 things you're thankful for	 Ate a healthy meal	Broke a sweat	Went through Mantra cards	Got outside
Took 10 min. to deeply observe your setting	Practiced guided meditation	Listened to your favorite album	Read an article/book chapter	Talked with a friend 
Put away social media for the day 	Organized your room/workspace 	"FREE" <i>Do your favorite thing!</i>	Took a break to do nothing at all	Asserted yourself
Asked for help	Said "no" when you needed to	Got creative	Practiced thoughtful cooking	Went to bed on time
Dressed and got fresh	Completed a task you've been putting off	Set a micro goal	Updated your finance tracker 	Reflected on your goals