













# SELF-CARE BINGO

<p>DID A RANDOM ACT OF KINDNESS ANONYMOUSLY</p> 	<p>You GOT this!</p> <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p>	 <p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p>	<p>BOUGHT MYSELF FLOWERS, ICE CREAM OR A SMALL TREAT JUST BECAUSE</p> 	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p> 
<p>IGNORED ALL NEWS AND POLITICAL TALK FOR ____ DAYS</p> 	<p>TURNED ON MUSIC AND DANCED FOR 20 MINUTES FOR EXERCISE.</p> 	 <p>THOUGHT OF THREE POSITIVE THINGS ABOUT SOMEBODY I DON'T LIKE</p>	<p>TOLD THE TRUTH EVEN THOUGH IT WAS UNCOMFORTABLE.</p> 	 <p>DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE</p>
<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)</p> 	 <p>GOT RID OF 3 ITEMS THAT I HAVEN'T USED IN A YEAR</p>	<p>FREE SPACE</p> <p>SURVIVED</p>	<p>CAUGHT MYSELF BEING NEGATIVE AND REMINDED MYSELF OF 3 POSITIVE THINGS</p> 	 <p>CLEANED OUT OR ORGANIZED A MESSY DRAWER, CLOSET OR SMALL SPACE</p>
<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p> 	 <p>GOOGLED "MEDITATION" AND FOUND ONE THAT I LIKE.</p>	<p>TRIED A NEW HOBBY</p> 	<p>VOLUNTEERED</p> 	<p>TRIED A NEW HEALTHY RECIPE OR A FRUIT I'VE NEVER TASTED.</p> 
 <p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p>	<p>WENT ON STRIKE FOR ONE DAY.</p> 	 <p>LET GO OF A GRUDGE</p>	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p> 	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p> 