

YOUR *Aha!*TM LIFE

Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE NUTRITIOUS FOOD	LISTENED TO MY BODY	HAD FUN & ENJOYMENT	ASKED FOR HELP
TOOK A MUCH - NEEDED BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	SAID "NO" TO AVOID OVER-COMMITTING
COMPLIMENTED SOMEONE	GOT 7+ HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED A LOVED ONE	DROPPED A HABIT THAT IS NOT FOR ME
MADE MY BED	SPENT TIME IN NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED SELF - COMPASSION

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		<i>Free</i>		