

Self-Care

| B | I | N | G | O |
|------------------------|-----------------------|---------------|--------------------------|----------------------|
| Fed myself | Exercised | Got a massage | Took time for myself | Danced |
| Practiced gratitude | Played with an animal | Did a hobby | Meditated or prayed | Spent time in nature |
| Went for a walk | Talked with a friend | FREE SPACE | I showered today | Took a nap |
| Took quiet time out | Played an instrument | I did nothing | Read for fun | Brushed my teeth |
| Brushed or did my hair | Listened to music | Bathed | I wrote down my feelings | Stretched |