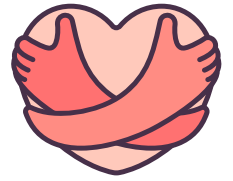


# SELF CARE

# BINGO



<p>Eat a healthy breakfast</p> 	<p>Go to bed 30 minutes earlier</p>	<p>Relax with a good book</p> 	<p>Take a walk outside</p>	<p>Eat a healthy snack</p> 
<p>Declutter your bedroom</p>	<p>Take a long bath</p> 	<p>Complete a random act of kindness</p>	<p>Enjoy a hobby</p> 	<p>Eat your favorite meal</p>
<p>Hang with good friends</p> 	<p>Journal 3 things you are grateful for</p>		<p>Write a note to someone you love</p>	<p>Take a day off from social media</p> 
<p>Sit and enjoy your favorite morning drink</p>	<p>Take a nap</p> 	<p>Complete a healthy skin care ritual</p>	<p>Drink enough water</p> 	<p>Enjoy your favorite exercise</p>
<p>Watch your favorite TV show or movie</p>	<p>Wear something you love</p>	<p>Meditate</p> 	<p>Write and repeat a positive affirmation</p>	<p>Treat yourself to a massage, mani, pedi, or facial</p>

# SELF CARE

# BINGO

