

Self-Care Bingo

Laid in a hammock	Bought clothes that made you feel beautiful	Visited someplace new to you	Exercised	Spent quality time with friends/family/pets
Read a book for fun	Went on a date	Got a massage/mani-pedi/haircut	Scheduled a therapy/spiritual direction session	Made a new friend
Watched mindless tv	Did something adventurous	Put an autoreply on your outgoing message	Hosted/went to a "civilian" party	Did something spontaneous
Turned off your phone	[Self-care option of your choice]	Got a health checkup	Planned a vacation	Went somewhere beautiful
Made a coffee/tea run	Said no to a work request on your day off	Took up a hobby	Treated yourself to a fun outing	Left work early

**Created in 2016 by Laura Stephens-Reed,
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<i>Did something spontaneous</i>	<i>Took up a hobby</i>	<i>Made a coffee/tea run</i>	<i>Exercised</i>	<i>Treated yourself to a fun outing</i>
<i>[Self-care option of your choice]</i>	<i>Bought clothes that made you feel beautiful</i>	<i>Planned a vacation</i>	<i>Laid in a hammock</i>	<i>Read a book for fun</i>
<i>Made a new friend</i>	<i>Watched mindless tv</i>	<i>Put an autoreply on your outgoing message</i>	<i>Went somewhere beautiful</i>	<i>Hosted/went to a "civilian" party</i>
<i>Said no to a work request on your day off</i>	<i>Left work early</i>	<i>Got a massage/mani-pedi/haircut</i>	<i>Went on a date</i>	<i>Visited someplace new to you</i>
<i>Scheduled a therapy/spiritual direction session</i>	<i>Spent quality time with friends/family/pets</i>	<i>Got a health checkup</i>	<i>Did something adventurous</i>	<i>Turned off your phone</i>

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Made a new friend	Spent quality time with friends/family/pets	Went on a date	Did something spontaneous	Took up a hobby
Exercised	Scheduled a therapy/spiritual direction session	Visited someplace new to you	Laid in a hammock	Said no to a work request on your day off
[Self-care option of your choice]	Read a book for fun	Went somewhere beautiful	Bought clothes that made you feel beautiful	Watched mindless tv
Got a massage/mani-pedi/haircut	Planned a vacation	Made a coffee/tea run	Put an autoreply on your outgoing message	Did something adventurous
Hosted/went to a "civilian" party	Got a health checkup	Turned off your phone	Left work early	Treated yourself to a fun outing

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Made a coffee/tea run	Got a health checkup	Treated yourself to a fun outing	Visited someplace new to you	Left work early
Scheduled a therapy/spiritual direction session	Put an autoreply on your outgoing message	Went somewhere beautiful	Laid in a hammock	Spent quality time with friends/family/pets
Did something spontaneous	Went on a date	Exercised	Bought clothes that made you feel beautiful	[Self-care option of your choice]
Hosted/went to a "civilian" party	Read a book for fun	Planned a vacation	Said no to a work request on your day off	Made a new friend
Turned off your phone	Watched mindless tv	Did something adventurous	Took up a hobby	Got a massage/mani-pedi/haircut

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<i>Put an autoreply on your outgoing message</i>	<i>Spent quality time with friends/family/pets</i>	<i>Read a book for fun</i>	<i>Did something spontaneous</i>	<i>[Self-care option of your choice]</i>
<i>Got a massage/mani-pedi/haircut</i>	<i>Planned a vacation</i>	<i>Scheduled a therapy/spiritual direction session</i>	<i>Made a new friend</i>	<i>Hosted/went to a "civilian" party</i>
<i>Got a health checkup</i>	<i>Exercised</i>	<i>Made a coffee/tea run</i>	<i>Laid in a hammock</i>	<i>Went somewhere beautiful</i>
<i>Did something adventurous</i>	<i>Left work early</i>	<i>Took up a hobby</i>	<i>Bought clothes that made you feel beautiful</i>	<i>Said no to a work request on your day off</i>
<i>Turned off your phone</i>	<i>Watched mindless tv</i>	<i>Went on a date</i>	<i>Treated yourself to a fun outing</i>	<i>Visited someplace new to you</i>

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<i>[Self-care option of your choice]</i>	<i>Bought clothes that made you feel beautiful</i>	<i>Went on a date</i>	<i>Exercised</i>	<i>Said no to a work request on your day off</i>
<i>Laid in a hammock</i>	<i>Spent quality time with friends/family/pets</i>	<i>Made a new friend</i>	<i>Went somewhere beautiful</i>	<i>Got a massage/mani-pedi/haircut</i>
<i>Scheduled a therapy/spiritual direction session</i>	<i>Got a health checkup</i>	<i>Did something adventurous</i>	<i>Made a coffee/tea run</i>	<i>Left work early</i>
<i>Hosted/went to a "civilian" party</i>	<i>Visited someplace new to you</i>	<i>Turned off your phone</i>	<i>Watched mindless tv</i>	<i>Did something spontaneous</i>
<i>Took up a hobby</i>	<i>Read a book for fun</i>	<i>Put an autoreply on your outgoing message</i>	<i>Treated yourself to a fun outing</i>	<i>Planned a vacation</i>

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Got a health checkup	Did something spontaneous	Watched mindless tv	Planned a vacation	Made a coffee/tea run
Scheduled a therapy/ spiritual direction session	Laid in a hammock	Hosted/went to a "civilian" party	Turned off your phone	Did something adventurous
Exercised	Visited someplace new to you	Put an autoreply on your outgoing message	Said no to a work request on your day off	Took up a hobby
Left work early	Bought clothes that made you feel beautiful	Read a book for fun	[Self-care option of your choice]	Treated yourself to a fun outing
Got a massage/mani-pedi/ haircut	Spent quality time with friends/family/pets	Went somewhere beautiful	Made a new friend	Went on a date

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<i>Took up a hobby</i>	<i>Laid in a hammock</i>	<i>Did something adventurous</i>	<i>Watched mindless tv</i>	<i>[Self-care option of your choice]</i>
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