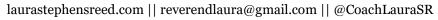
Self-Care Bingo

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

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Self-Care Bingo

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

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Self-Care Bingo

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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Self-Care Bingo

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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Self-Care Bingo

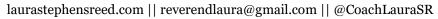
Put an autoreply on your outgoing message	Spent quality time with friends/family/pets	Read a book for fun	Did something spontaneous	[Self-care option of your choice]
Got a massage/mani-pedi/ haircut	Planned a vacation	Scheduled a therapy/ spiritual direction session	Made a new friend	Hosted/went to a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

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Self-Care Bingo

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

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Self-Care Bingo

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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Self-Care Bingo

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

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Self-Care Bingo

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

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Self-Care Bingo

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



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