

Self-care

BINGO

TAKE A LONG
BATH

BRAIN DUMP
JOURNAL
PAGE

CATCH UP
WITH
SOMEONE
YOU MISS

START A
BULLET
JOURNAL
SPREAD

MORNING
COFFEE
WITHOUT
SCROLLING

GO FOR A
MINDFUL
WALK

DO NOTHING
FOR 10
MINUTES

PLAN
SOMETHING
TO LOOK
FORWARD
TO

DOODLE OR
MAKE
SOMETHING

CREATE A
COZY
CORNER

STRETCH
BEFORE BED

WRITE 3
GRATITUDE'S

ASK FOR
HELP WITH
SOMETHING

READ FOR
PURE
PLEASURE

WATCH A
FEEL-GOOD
MOVIE

FULL BODY
SKINCARE
ROUTINE

SAY NO TO
SOMETHING
DRAINING

SPEND TIME
WITH
SOMEONE
WHO FILLS
YOUR CUP

TRY A NEW
RECIPE

DO A
SUNDAY
RESET

GET 8 HOURS
SLEEP (3
NIGHTS)

DIGITAL
DETOX FOR
AN EVENING

WRITE A
HANDWRITTEN
LETTER

MAKE A
VISION
BOARD

BUY
YOURSELF
SOMETHING
SMALL