



# SELF CARE BINGO

START YOUR DAY WITH WATER	PLAN A WEEK'S MEALS	DO YOGA	UNPLUG FROM TECHNOLOGY FOR A DAY	DO AN ART PROJECT
CREATE A BEDTIME ROUTINE	WRITE A LETTER OF GRATITUDE	GET A MASSAGE	DECLUTTER YOUR WARDROBE	HAVE A PEDICURE
TAKE A LONG BATH	GO ON A BIKE RIDE	STRETCH	GIVE YOURSELF A FACIAL	HAVE A SOLO DANCE PARTY
SPEND TIME COLORING	SAY NO	EAT MEALS WITHOUT YOUR PHONE	HAVE AN AT-HOME SPA NIGHT	GO TO A PARK
TAKE A MID-DAY NAP	VISIT THE LIBRARY	LISTEN TO YOUR FAVORITE CHILDHOOD ALBUM	BINGE-WATCH YOUR FAVORITE SERIES	VISIT A PLACE YOU LOVE

# MINDFULNESS TRACKER

LOOK AROUND & LIST 5 THINGS YOU SEE

DO A BREATHING EXERCISE

HAVE A TEA OR COFFEE RITUAL

MAKE A CONSCIOUS CHOICE

NOTICE THE WEATHER

30 SECOND PRACTICES



# SELF-REFLECTION JOURNAL PROMPTS

DESCRIBE A PLACE  
THAT FEELS LIKE  
HOME

FIVE THINGS TO DO  
LESS OFTEN

FIVE THINGS TO DO  
MORE OFTEN

WHAT DO YOU  
NEED TO FEEL  
CONTENT?

WRITE A NOTE TO  
YOUR TEENAGE  
SELF

THREE THINGS  
ABOUT YOURSELF  
YOU ARE PROUD OF