

summer SELF-CARE BINGO

Do Yoga in the Sunshine	Unplug from Technology	Read a Book	Take a Bubble Bath	Make a Summer Playlist
Go out for ice cream	Go for a long walk or run	Visit your favorite store	Have a picnic	Go for a swim
Binge-watch your favorite series	Sit in your backyard and stargaze	Put <i>Yourself</i> First	Take a daytime nap	Meditate
Say No	Make homemade ice cream	Take a long drive alone	Stretch your body	Repeat daily affirmations
Say Yes to something new	Go for a pedicure	Buy yourself a cupcake	Go out to dinner alone	Call your best friend to talk