

# winter SELF-CARE BINGO

Take a hot yoga class	Have a full day in bed by yourself	Commit to finishing a book	Enjoy an aromatherapy bath	Make a Winter Playlist
Try a new restaurant	Binge watch your favorite winter films	Try a 3-day health challenge	Go sledding	Bake your fav cookies
Paint your nails your fav colors	Visit your local library	Put <i>Yourself</i> First	Go to bed early for a week	Learn to sing one song well
Get a hair treatment	Make homemade brownies	Write a silly poem	Fake laugh for 30 seconds every day for two weeks	Drink an extra glass of water
Try to count snowflakes	Get a massage	Buy yourself a Valentine	Take yourself on a date	Give one task to someone else