



Self - Esteem Bingo Challenge

TRY SOMETHING NEW	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	WRITE DOWN THREE STRENGTHS
EXPRESS YOUR FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	GIVE YOURSELF ONE GENUINE COMPLIMENT	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE MOVE YOUR BODY 20 MINUTES	ENCOURAGE A FRIEND	<i>Free</i>	SAY NO RESPECTFULLY TO SOMEONE	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF THAT YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE WITHOUT BEING ASKED	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	TAKE A BREAK FROM SOCIAL MEDIA FOR ONE DAY

