

Gratitude Bingo

Check off the squares as you complete the gratitude practices each day.

Complete a row and pick a Self-Care Reward from the Rewards List.

Complete all boxes within one month.

Food	Shelter	Transport	Clothing	Shoes
Family	Community	Indoor Plumbing	Outdoor Spaces	Mode of Income
Sense of sight	Sense of hearing	<i>Free</i>	Sense of Smell	Sense of touch
Stillness	Rest	Light	Fire/Heat	Water
Hygiene	Health	Love	Pets	Myself as a whole