

Self-Care

Bingo

Love Light Shine LLC

Enjoy
Laughter

Take
a walk

15 minutes
of
Meditation

Create a
gratitude
list

Spend
time with
family

Have
dinner
with a
friend

SPA DAY

Try a new
healthy
snack

Sing and
dance to
your
favorite
songs

Spend
time in
Nature

Rest and
Recharge
day

Create a
positive
affirmation


FREE
SPACE

Try a new
physical
activity

Explore
your
creative
side

Declutter
Space

Yoga

Act of
Kindness

Send
someone a
nice card

Set Healthy
boundaries

Volunteer
or donate

Journaling

Game
night

Meatless
Day

Read or
Listen to
positive
content