Looking for a way to practice self-care and track your progress?

Self-Care BINGO

Instructions

With 75 activities to choose from, you can create your own personalized bingo card and challenge yourself to try new things, such as limiting your screen time or trying a new food.

As a team, decide when to do a self-care check-in, whether it's a week or a month after filling out your bingo cards. Then, on check-in day draw activities from a container or use a random generator.

Call out activities like “Rest.” If you have that activity on your bingo card AND you've completed it, mark it off.

Keep playing until someone gets bingo! It's a great way to care for yourself and have fun with your team.
<table>
<thead>
<tr>
<th>Ate Lunch With A Co-Worker</th>
<th>Spent Time With A Pet</th>
<th>Laughed Alone</th>
<th>Paused For A Moment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treated Myself</td>
<td>Rested</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did Something New</td>
<td>Watched Favorite Movie</td>
<td>Ended Meeting On Time</td>
<td>Decluttered</td>
</tr>
<tr>
<td>Took 15 Minutes For Myself</td>
<td>Spent Time Moving</td>
<td>Listened To Podcast</td>
<td>Honored My Limits</td>
</tr>
<tr>
<td>Sat In Silence</td>
<td>Said No</td>
<td>Accepted Support</td>
<td>Tried New Food</td>
</tr>
<tr>
<td>Can Name 1 Accomplishment</td>
<td>Smiled</td>
<td>Spent Quality Time With Someone I Love</td>
<td>Walked Away From Desk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ate Lunch With A Friend</td>
<td></td>
</tr>
<tr>
<td>Identified A Stressor</td>
<td>Laughed With Someone</td>
<td>Forgave Myself</td>
<td>Made Someone Smile</td>
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<td>----------------------</td>
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<td>----------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Stretched</td>
<td>Danced</td>
<td>Did Not Overload Self</td>
<td>Rewarded Myself</td>
</tr>
<tr>
<td>Deescalated From Day</td>
<td>Put Myself First</td>
<td>Made A Gratitude List</td>
<td>Tried A Hobby</td>
</tr>
<tr>
<td>Played Favorite Music</td>
<td>Ate Lunch At New Spot</td>
<td>Hungout With Family</td>
<td>Enforced A Boundary</td>
</tr>
<tr>
<td>Motivated Myself</td>
<td>Talked With A Friend</td>
<td>Ate Something New</td>
<td>Got Enough Sleep</td>
</tr>
<tr>
<td>Valued Myself</td>
<td>Vented Frustrations</td>
<td>Exercised</td>
<td>Limited My Screen Time</td>
</tr>
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</table>
Set A Boundary

Ask for Help

Completed A Health Check Up

Planned Ahead

Wore Favorite Outfit

Journaled

Made Myself Happy

Watched Favorite TV Show

Stayed Organized

Read A Book

Screamed

Had Fun

Complimented Myself

No Working Lunch

Avoided Perfectionism
Gave Myself Grace
Did something I’ve Been Putting Off
Did Nothing
Delegated

Said An Affirmation
Said “I’m Proud of Myself”
Said Something Nice About Myself
Ate My Favorite Meal

Developed A Routine
Looked At Nature
Took A Full Lunch
Used PTO
Ate Lunch With A Co-Worker
Made A Gratitude List
Stayed Organized
Deescalated From Day
Valued Myself
Treated Myself
Ended Meeting On Time
Had Fun
Put Myself First
Vented Frustrations
Did Something New
Honored My Limits
Avoided Perfectionism
Went To Bed At A Reasonable Time
Exercised
Tried A Hobby
Limited My Screen Time
Sat In Silence
Ate Lunch With A Friend
Read A Book
Said Something Nice About Myself
Took A Full Lunch
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