

Self Love BINGO

♡ LOVE YOURSELF. ALWAYS. ♡

Self-love is the foundation of confidence,
happiness, and a beautiful life.

COMPLETE THE ACTIVITIES, GET BINGO, AND CELEBRATE YOU!

SAY 3 POSITIVE AFFIRMATIONS TO YOURSELF ♡ ♡	DRINK ENOUGH WATER ♡	TAKE A SOCIAL MEDIA BREAK ♡	DO SOMETHING THAT MAKES YOU HAPPY ♡	WRITE DOWN 5 THINGS YOU LOVE ABOUT YOURSELF ♡
GET MOVING IN A WAY THAT FEELS GOOD ♡	TAKE TIME TO STRETCH AND BREATHE ♡	TREAT YOURSELF TO SOMETHING YOU ENJOY ♡	SAY NO TO SOMETHING THAT DRAINS YOUR ENERGY NO	SPEND TIME OUTDOORS ♡
WRITE IN A JOURNAL ♡	COMPLIMENT YOURSELF IN THE MIRROR ♡	FREE SPACE ♡	PRACTICE GRATITUDE ♡	LISTEN TO A SONG THAT LIFTS YOU UP ♡
CLEANSE YOUR SPACE ♡	READ A BOOK THAT INSPIRES YOU ♡	LET GO OF SOMETHING YOU CAN'T CONTROL ♡	SPEND TIME WITH PEOPLE WHO BUILD YOU UP ♡	CREATE SOMETHING YOU LOVE ♡
GET ENOUGH REST ♡	WRITE A LETTER TO YOUR FUTURE SELF ♡	FORGIVE YOURSELF ♡	ENJOY A LONG, RELAXING SHOWER OR BATH ♡	CELEBRATE A SMALL WIN ♡

BINGO GOALS ♡

- ♡ Get a line (across, down, or diagonal) ☐
- ♡ Get 4 corners ☐
- ♡ Fill the whole board ☐

Date Completed: _____

*Self-love is not selfish.
It is essential.*

MY SELF-LOVE WINS ♡

♡ I DID IT! ♡

♡ I CHOOSE ME. I LOVE ME. I AM ENOUGH. ♡