

Self Love Bingo

See how many of these you can achieve in a 30 day period. As you complete each activity, cross the item off.

B

I

N

G

O

Write a letter to someone and tell them why they are important to you.	Think of 3 things you are thankful for	Make time for yourself for 15 minutes a day for a week	Makes some 'juicy' short and long term goals	Write a letter of appreciation to yourself.
Take up a new passion or rekindle an old one	Go for a 15 minute walk in the sun each day for a week.	Organise a weekend away.	Stand in front of the mirror and compliment yourself	Post something positive and uplifting online
Stand up and say 'I'm _____ and I can do anything I set my mind to do	Write down 3 people you admire and why	Name the characteristics you love about you	Connect with someone you admire and respect	Name an accomplishment you did that made you proud
Stop everything and do a 5 minute breathing exercise . Close your eyes and concentrate on nothing but your breath.	Challenge your negative self talk and turn it into a positive.	Commit to getting a good nights sleep (7-8 hours) and wake up refreshed	Identify something you are unable to control and let it go	Read a book that will empower you
Say something good about yourself first thing in the morning.	Choose a healthy meal to make	Be Proud of something you did today and notice how you felt	Do a good deed for someone without wanting anything in return	Write down all the strengths you possess and incorporate them in to everything you do.