

FINELY NOURISHED

SELF LOVE BINGO

Check in with yourself to see if you've got a bingo - try to "blackout" bingo by the end of the month! This will help you take stock of where you are on your self love journey, and keep you mindful along the way.

meditate

bubble
bath

journal

dance

stretch

have a
sweet
treat

take a
nap

help a
stranger

practice
yoga

outdoor
walk

declutter
your
space

massage

**free
space**

listen to
calming
music

mani +
pedi

get crafty

call a friend
who makes
you laugh

cook for
yourself

do a brain
dump

go out to
eat alone

read a good
book

celebrate
little wins

go for a jog

drink a nice
hot tea

buy yourself
flowers