



Eunie's **BUDDIES**.

# SELF - LOVE

## B I N G O

Throughout the day, whenever you have a moment, try to engage in one of the self-love activities listed on your bingo card. Try to finish one line this week.

Treat yourself to your favorite hot beverage	Pick a positive affirmation for the day - remind yourself	Do something creative without any pressure to be perfect	Write down 5 things you love about yourself today	Honor your needs Say no when you need to
Write a love letter to yourself	Catch up with someone who makes you feel fulfilled	Take a social media break	Take 15 minutes to reflect at the end of the day	Spend some time doing something you love
Care for your environment Make your bed, light a candle, etc	Go to bed early	Wear something that makes you feel confident	Drink a cold glass of water	Make yourself a nice meal, or a comfort meal
Take 5 minutes to connect with your senses	Do something you enjoy independently Market, cafe, movies, etc	Write down 5 things you are grateful for today	Take a technology break	Do some stretching
Complete a random act of kindness for yourself or others	Listen to music you love	Have a self-care day	Spend some time in nature	Try to check in with your body today

