

Self-Care Bingo by GlowByDK

Welcome to your Self-Care Bingo!

This printable is designed to help you incorporate small yet powerful habits into your daily routine. Each square represents a gentle self-care action - your goal is to complete 5 in a row, column, or diagonal, just like bingo!

How to Use:

- Print the sheet and place it somewhere visible (fridge, mirror, desk).
- Complete an activity and mark it off with a pen, sticker, or doodle.
- Aim to complete one row or the full sheet for a glow-up week!

Share your progress and tag @GlowByDK to inspire others.

GlowByDK

Self-Care Bingo ✨

Drink water	Read a page	Light a candle	Do nothing for 5 minutes
Stretch your body	Go for a walk	Journal a grateful thought	Call a friend
Awake before the alarm	Meditate		Enjoy fresh air
Repeat an affirmation	Savor your meal	Wear something cozy	Spend time offline
Have an early night	Write a to-do list	Unwind with music	Set a boundary
Have an early night	Write a to-do list	Tidy a small area	Take a long shower