

30 Day Self-Care Bingo

Challenge yourself to complete 30 self-care activities across 30 days! You can complete this in whatever way works best for you - whether that's 30 days in a row, or spread across a longer period of time.

We've provided some ideas to get you started, as well as free space to write your own self-care challenges. Whenever you complete a challenge, mark it off until the board is complete!

1. Celebrate a small win	2. Exercise for 30 minutes	3. Try something new	4. Spend quality time with loved ones
5. Make a healthy home-cooked meal	6. Get creative through arts or crafts	7. Practice mindfulness	8. Go a full day without social media or internet use
9. Get an extra 2 hours of sleep	10. Catch up with a friend	11. Do something kind for someone else	12. Drink 4 glasses of water in a day
13. Write a journal entry	14. Cross something off your to-do list	15. Set a boundary	16. Move your body joyfully
17. Give yourself a compliment	18. Read a book	19. Make a positive playlist	20. Do an existing hobby, or pick up a new one
21. Set a goal and meet it	22. Hug someone you care about	23. List 5 things you're grateful for	24. Write a letter to your future self
25. Watch your favourite movie or TV show	26. Spend time in nature	28. Do something you've been putting off	29. Make a connection with someone new
30. Declutter a space	Write your own:	Write your own:	Write your own: