HEALTHY HABITS & SELF-CARE BINGO CARD

TICK OFF ONE SQUARE EACH DAY BEFORE CHRISTMAS!

I ate one meal slowly & stopped when I felt satisfied	I gave someone a compliment	I got up 10 minutes earlier to stretch/ do yoga	I went for a short walk after lunch	I performed a random act of kindness
I tried a new fruit or vegetable	I made myself a nutritious breakfast	I journaled 3 things I'm grateful for	I turned off all electronics one hour before bed and did a bedtime yoga routine	I ate vegetables at every meal
I drank water with every meal	I ate my favourite treat slowly, enjoyed it and felt good about it		I made time for 10 minutes of meditation/ prayer/deep breathing	I took a bath/ snuggled in bed with a good book
I donated some old clothes to charity	I bought extra groceries to donate to my local food drive	I put on my favourite song and danced around the room	I had a coffee catch-up with a friend (IRL or video chat)	I baked my favourite Christmas treats
I made time to exercise	I called a friend I haven't spoken to in ages	I looked in the mirror and said nice things about myself	I went for a short walk after dinner	I made a healthy dessert for the family

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