

Self Care BINGO

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/dcfym5

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/dcfym5

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/dcfym5

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Slept in without guilt	Social media fast	Expressed gratitude	Asked for help	Ate a healthy lunch	Decluttered my office	Went for a walk in nature
Stuck to my budget	Took a bath	Read a book	Said "No"	Shared a meal with a friend	Honored my calendar	Recycled
Volunteered	Deposited into my savings	Drank 8 glasses of water	Journalled	Practiced self-compassion	Honored commitments	Set professional boundaries
Made my bed	Meditated	Gave my \$ a job	Went for a run			

Self Care BINGO

Slept in without guilt	Decluttered my office	Practiced self-compassion	Expressed gratitude	Said "No"
Made my bed	Set professional boundaries	Social media fast	Recycled	Drank 8 glasses of water
Stuck to my budget	Gave my \$ a job	Volunteered	Ate a healthy lunch	Went for a run
Honored my calendar	Asked for help	Meditated	Went for a walk in nature	Journalled
Honored commitments	Deposited into my savings	Shared a meal with a friend	Read a book	Took a bath

Self Care BINGO

Social media fast	Read a book	Set professional boundaries	Slept in without guilt	Honored my calendar
Made my bed	Gave my \$ a job	Shared a meal with a friend	Stuck to my budget	Expressed gratitude
Went for a run	Journalled	Deposited into my savings	Ate a healthy lunch	Meditated
Drank 8 glasses of water	Decluttered my office	Volunteered	Asked for help	Practiced self-compassion
Said "No"	Honored commitments	Took a bath	Recycled	Went for a walk in nature

Self Care BINGO

Shared a meal with a friend	Recycled	Social media fast	Journalled	Meditated
Took a bath	Expressed gratitude	Went for a walk in nature	Decluttered my office	Volunteered
Gave my \$ a job	Read a book	Slept in without guilt	Ate a healthy lunch	Set professional boundaries
Honored commitments	Stuck to my budget	Asked for help	Honored my calendar	Went for a run
Said "No"	Practiced self-compassion	Made my bed	Drank 8 glasses of water	Deposited into my savings

Self Care BINGO

Volunteered	Practiced self-compassion	Stuck to my budget	Drank 8 glasses of water	Read a book
Ate a healthy lunch	Recycled	Said "No"	Went for a run	Social media fast
Slept in without guilt	Shared a meal with a friend	Went for a walk in nature	Gave my \$ a job	Deposited into my savings
Journalled	Honored my calendar	Expressed gratitude	Took a bath	Made my bed
Set professional boundaries	Decluttered my office	Meditated	Asked for help	Honored commitments

Self Care BINGO

Practiced self-compassion	Drank 8 glasses of water	Volunteered	Gave my \$ a job	Asked for help
Honored my calendar	Social media fast	Set professional boundaries	Ate a healthy lunch	Took a bath
Went for a walk in nature	Decluttered my office	Went for a run	Made my bed	Meditated
Expressed gratitude	Deposited into my savings	Recycled	Journalled	Slept in without guilt
Honored commitments	Stuck to my budget	Shared a meal with a friend	Read a book	Said "No"

Self Care BINGO

Practiced self-compassion	Decluttered my office	Slept in without guilt	Expressed gratitude	Went for a walk in nature
Deposited into my savings	Set professional boundaries	Gave my \$ a job	Read a book	Social media fast
Recycled	Asked for help	Shared a meal with a friend	Said "No"	Meditated
Honored my calendar	Stuck to my budget	Volunteered	Went for a run	Made my bed
Journalled	Took a bath	Drank 8 glasses of water	Ate a healthy lunch	Honored commitments

Self Care BINGO

Went for a run	Deposited into my savings	Said "No"	Stuck to my budget	Went for a walk in nature
Honored commitments	Social media fast	Set professional boundaries	Expressed gratitude	Meditated
Gave my \$ a job	Shared a meal with a friend	Made my bed	Ate a healthy lunch	Recycled
Practiced self-compassion	Read a book	Journalled	Asked for help	Volunteered
Slept in without guilt	Honored my calendar	Drank 8 glasses of water	Took a bath	Decluttered my office

Self Care BINGO

Went for a run	Slept in without guilt	Honored my calendar	Made my bed	Asked for help
Deposited into my savings	Volunteered	Ate a healthy lunch	Practiced self-compassion	Drank 8 glasses of water
Social media fast	Shared a meal with a friend	Recycled	Gave my \$ a job	Expressed gratitude
Took a bath	Decluttered my office	Went for a walk in nature	Meditated	Said "No"
Journalled	Honored commitments	Set professional boundaries	Read a book	Stuck to my budget

Self Care BINGO

Honored my calendar	Journaled	Read a book	Stuck to my budget	Ate a healthy lunch
Practiced self-compassion	Drank 8 glasses of water	Expressed gratitude	Meditated	Slept in without guilt
Shared a meal with a friend	Recycled	Went for a run	Gave my \$ a job	Set professional boundaries
Took a bath	Honored commitments	Said "No"	Deposited into my savings	Made my bed
Asked for help	Social media fast	Decluttered my office	Went for a walk in nature	Volunteered

Self Care BINGO

Volunteered	Stuck to my budget	Said "No"	Decluttered my office	Deposited into my savings
Set professional boundaries	Honored commitments	Gave my \$ a job	Ate a healthy lunch	Asked for help
Read a book	Went for a walk in nature	Slept in without guilt	Journaled	Social media fast
Meditated	Went for a run	Practiced self-compassion	Took a bath	Drank 8 glasses of water
Made my bed	Shared a meal with a friend	Honored my calendar	Expressed gratitude	Recycled

Self Care BINGO

Decluttered my office	Took a bath	Slept in without guilt	Ate a healthy lunch	Expressed gratitude
Recycled	Honored my calendar	Practiced self-compassion	Read a book	Social media fast
Honored commitments	Went for a run	Said "No"	Went for a walk in nature	Meditated
Set professional boundaries	Shared a meal with a friend	Stuck to my budget	Deposited into my savings	Volunteered
Asked for help	Gave my \$ a job	Drank 8 glasses of water	Made my bed	Journaled

Self Care BINGO

Set professional boundaries	Honored commitments	Recycled	Decluttered my office	Gave my \$ a job
Journaled	Read a book	Made my bed	Took a bath	Expressed gratitude
Meditated	Social media fast	Ate a healthy lunch	Went for a walk in nature	Went for a run
Practiced self-compassion	Volunteered	Slept in without guilt	Honored my calendar	Deposited into my savings
Asked for help	Shared a meal with a friend	Said "No"	Stuck to my budget	Drank 8 glasses of water

Self Care BINGO

Social media fast	Went for a walk in nature	Drank 8 glasses of water	Honored my calendar	Journaled
Read a book	Deposited into my savings	Expressed gratitude	Went for a run	Recycled
Set professional boundaries	Stuck to my budget	Slept in without guilt	Gave my \$ a job	Honored commitments
Asked for help	Said "No"	Ate a healthy lunch	Made my bed	Volunteered
Decluttered my office	Meditated	Practiced self-compassion	Took a bath	Shared a meal with a friend

Self Care BINGO

Journaled	Went for a walk in nature	Drank 8 glasses of water	Meditated	Read a book
Deposited into my savings	Social media fast	Shared a meal with a friend	Made my bed	Recycled
Gave my \$ a job	Took a bath	Set professional boundaries	Asked for help	Practiced self-compassion
Said "No"	Ate a healthy lunch	Volunteered	Expressed gratitude	Stuck to my budget
Slept in without guilt	Went for a run	Honored my calendar	Honored commitments	Decluttered my office

Self Care BINGO

Honored commitments	Honored my calendar	Practiced self-compassion	Set professional boundaries	Decluttered my office
Shared a meal with a friend	Volunteered	Read a book	Expressed gratitude	Ate a healthy lunch
Recycled	Drank 8 glasses of water	Stuck to my budget	Social media fast	Slept in without guilt
Went for a walk in nature	Made my bed	Gave my \$ a job	Went for a run	Asked for help
Took a bath	Deposited into my savings	Said "No"	Meditated	Journalled

Self Care BINGO

Ate a healthy lunch	Recycled	Meditated	Went for a run	Gave my \$ a job
Volunteered	Took a bath	Social media fast	Went for a walk in nature	Read a book
Shared a meal with a friend	Said "No"	Asked for help	Practiced self-compassion	Journalled
Set professional boundaries	Slept in without guilt	Made my bed	Honored my calendar	Stuck to my budget
Drank 8 glasses of water	Honored commitments	Decluttered my office	Expressed gratitude	Deposited into my savings

Self Care BINGO

Practiced self-compassion	Recycled	Expressed gratitude	Went for a run	Went for a walk in nature
Drank 8 glasses of water	Honored commitments	Decluttered my office	Stuck to my budget	Honored my calendar
Journalled	Read a book	Asked for help	Made my bed	Set professional boundaries
Meditated	Deposited into my savings	Took a bath	Said "No"	Shared a meal with a friend
Slept in without guilt	Volunteered	Ate a healthy lunch	Gave my \$ a job	Social media fast

Self Care BINGO

Meditated	Decluttered my office	Asked for help	Drank 8 glasses of water	Social media fast
Read a book	Slept in without guilt	Recycled	Said "No"	Shared a meal with a friend
Volunteered	Practiced self-compassion	Made my bed	Journalled	Honored my calendar
Stuck to my budget	Gave my \$ a job	Honored commitments	Expressed gratitude	Deposited into my savings
Ate a healthy lunch	Set professional boundaries	Took a bath	Went for a run	Went for a walk in nature

Self Care BINGO

Gave my \$ a job	Made my bed	Went for a walk in nature	Meditated	Journalled
Deposited into my savings	Honored my calendar	Drank 8 glasses of water	Read a book	Said "No"
Shared a meal with a friend	Went for a run	Slept in without guilt	Expressed gratitude	Stuck to my budget
Set professional boundaries	Honored commitments	Social media fast	Ate a healthy lunch	Asked for help
Practiced self-compassion	Took a bath	Recycled	Volunteered	Decluttered my office

Self Care BINGO

Read a book	Stuck to my budget	Gave my \$ a job	Recycled	Asked for help
Set professional boundaries	Said "No"	Honored commitments	Practiced self-compassion	Decluttered my office
Went for a walk in nature	Took a bath	Made my bed	Meditated	Honored my calendar
Social media fast	Deposited into my savings	Volunteered	Went for a run	Shared a meal with a friend
Ate a healthy lunch	Expressed gratitude	Drank 8 glasses of water	Journalled	Slept in without guilt

Self Care BINGO

Stuck to my budget	Said "No"	Recycled	Honored commitments	Slept in without guilt
Shared a meal with a friend	Practiced self-compassion	Volunteered	Drank 8 glasses of water	Ate a healthy lunch
Deposited into my savings	Expressed gratitude	Went for a run	Went for a walk in nature	Journalled
Set professional boundaries	Social media fast	Asked for help	Read a book	Meditated
Gave my \$ a job	Decluttered my office	Made my bed	Took a bath	Honored my calendar

Self Care BINGO

Meditated	Asked for help	Drank 8 glasses of water	Journalled	Said "No"
Practiced self-compassion	Set professional boundaries	Decluttered my office	Honored my calendar	Ate a healthy lunch
Went for a run	Social media fast	Took a bath	Made my bed	Slept in without guilt
Deposited into my savings	Read a book	Stuck to my budget	Expressed gratitude	Honored commitments
Volunteered	Went for a walk in nature	Shared a meal with a friend	Recycled	Gave my \$ a job

Self Care BINGO

Made my bed	Journalled	Asked for help	Set professional boundaries	Deposited into my savings
Stuck to my budget	Went for a run	Shared a meal with a friend	Volunteered	Honored my calendar
Social media fast	Meditated	Gave my \$ a job	Honored commitments	Went for a walk in nature
Read a book	Took a bath	Said "No"	Recycled	Drank 8 glasses of water
Expressed gratitude	Slept in without guilt	Ate a healthy lunch	Decluttered my office	Practiced self-compassion

Self Care BINGO

Took a bath	Shared a meal with a friend	Gave my \$ a job	Decluttered my office	Made my bed
Said "No"	Recycled	Went for a walk in nature	Volunteered	Practiced self-compassion
Read a book	Honored commitments	Drank 8 glasses of water	Meditated	Honored my calendar
Set professional boundaries	Asked for help	Deposited into my savings	Journalled	Expressed gratitude
Slept in without guilt	Stuck to my budget	Ate a healthy lunch	Social media fast	Went for a run

Self Care BINGO

Shared a meal with a friend	Read a book	Volunteered	Drank 8 glasses of water	Deposited into my savings
Honored my calendar	Meditated	Asked for help	Journalled	Went for a run
Made my bed	Recycled	Decluttered my office	Stuck to my budget	Took a bath
Social media fast	Went for a walk in nature	Expressed gratitude	Slept in without guilt	Said "No"
Honored commitments	Practiced self-compassion	Set professional boundaries	Ate a healthy lunch	Gave my \$ a job

Self Care BINGO

Asked for help	Honored commitments	Journalled	Social media fast	Gave my \$ a job
Ate a healthy lunch	Went for a run	Meditated	Stuck to my budget	Made my bed
Drank 8 glasses of water	Set professional boundaries	Practiced self-compassion	Deposited into my savings	Said "No"
Shared a meal with a friend	Took a bath	Read a book	Went for a walk in nature	Recycled
Slept in without guilt	Honored my calendar	Decluttered my office	Expressed gratitude	Volunteered

Self Care BINGO

Practiced self-compassion	Honored commitments	Went for a run	Volunteered	Read a book
Stuck to my budget	Ate a healthy lunch	Asked for help	Went for a walk in nature	Took a bath
Drank 8 glasses of water	Shared a meal with a friend	Meditated	Deposited into my savings	Slept in without guilt
Honored my calendar	Said "No"	Recycled	Journalled	Made my bed
Decluttered my office	Set professional boundaries	Social media fast	Expressed gratitude	Gave my \$ a job

Self Care BINGO

Made my bed	Slept in without guilt	Went for a run	Set professional boundaries	Gave my \$ a job
Stuck to my budget	Took a bath	Volunteered	Asked for help	Recycled
Deposited into my savings	Shared a meal with a friend	Social media fast	Journalled	Honored my calendar
Drank 8 glasses of water	Decluttered my office	Honored commitments	Expressed gratitude	Read a book
Went for a walk in nature	Said "No"	Ate a healthy lunch	Meditated	Practiced self-compassion

Self Care BINGO

Made my bed	Decluttered my office	Took a bath	Asked for help	Drank 8 glasses of water
Honored commitments	Ate a healthy lunch	Deposited into my savings	Meditated	Honored my calendar
Read a book	Recycled	Went for a walk in nature	Volunteered	Gave my \$ a job
Shared a meal with a friend	Social media fast	Stuck to my budget	Expressed gratitude	Went for a run
Said "No"	Set professional boundaries	Slept in without guilt	Journalled	Practiced self-compassion

Self Care BINGO

Said "No"	Honored commitments	Ate a healthy lunch	Gave my \$ a job	Volunteered
Expressed gratitude	Recycled	Stuck to my budget	Made my bed	Went for a run
Slept in without guilt	Read a book	Practiced self-compassion	Drank 8 glasses of water	Decluttered my office
Meditated	Social media fast	Shared a meal with a friend	Journalled	Deposited into my savings
Asked for help	Took a bath	Set professional boundaries	Honored my calendar	Went for a walk in nature