

BINGO

SELF-CARE

TEXTED
A FRIEND

PAUSED
DOOM -
SCROLLING

FELL
IN LOVE
with the delivery driver
....

FINISHED
A
PROJECT

COPEd
WITH A
STRESSOR

....

ORGANIZED
MY CLOSET

TRIED
SOMETHING
NEW

WROTE
IN MY
JOURNAL

TOOK A
NAP

BAKED
SOMETHING

BIG
STRETCHED

GOT
ENOUGH
SLEEP

CUDDLED
MY PET

VALIDATED
FEELINGS

ADOPTED
A PET

TRIED
FITNESS
GURU
VIDEOS

WORKED ON
FAVORITE
HOBBY

....

TOOK A
DAY TRIP

WENT
FOR A
WALK OR
EXERCISED

POSTED
A VIDEO

APPRECIATED/
AFFIRMED
SELF

LISTENED
TO A
PODCAST /
RADIO

SET A
BOUNDARY

TALKED
TO MY
FAVORITE
HUMAN

SAID
"NO"

....