


# Mom's Self-Love

# BINGO



Read for 10 minutes	Laugh at a funny video or story	Unplug from social media for an hour	Take a guilt free nap	Dance like nobody's watching
Watch your favorite feel-good movie	Enjoy a moment of silence	Call or text a friend just to say hi	Say a positive affirmation out loud	Do a small act of kindness for yourself
Spend 10 minutes journaling	Say no to something that drains you		Write down 3 things you love about yourself	Try a quick meditation session
Drink a glass of water mindfully	Take a deep breath and relax	Give yourself a hug	Wear your favorite comfy outfit	Light a candle or use essential oils
Go for a short walk	Do a 5-minute stretch	Treat yourself to something	Listen to your favorite song	Explore a hobby