

The FSC Self-Love Challenge Bingo

Take some no-screen time	Buy/pick yourself flowers	Stretch/take a walk	Read/listen to a book	Enjoy time in nature
Write a love letter to yourself	Do a face mask or do a skin regimen	De-clutter your room	Write 10 things you love about yourself	Give yourself a break - stop and rest!
Drink an extra glass of water	Do something creative		Meditate	Learn & share your love language
Take yourself on a date	Journal about a goal or dream	Start a regular self-love regimen	Write down your goals	Moisturize your entire body
Wash your sheets and make your bed	Dance to your favorite music	Get a massage	Wear what makes you feel GOOD!	Write a gratitude list

How to Play:

Save, Print, or screenshot this Bingo Card, mark the boxes when you complete a challenge, & tag #fscselflovebingo to share!



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