

Autumn Self-Care BINGO Board

Taking care of yourself isn't selfish. It's essential. When you make time for rest, reflection, and renewal, you're better able to show up with energy and joy for the people and passions that matter most. This month's printable is a Self-Care Bingo Board designed to make nurturing yourself fun and intentional! Each square includes a simple act of self-care to inspire you to pause, recharge, and create more balance in your life. Print it out, hang it somewhere you'll see it daily, and start filling in those squares one by one. The more you care for yourself, the happier and more fulfilled you'll feel! Send me a picture of your completed Bingo board or doing one of the activities. I love to cheer you on as you create a happier & more balanced life this autumn.

Watch your favorite movie again	Drink hot apple cider	Collect fall leaves	Bake a pie	Get a pedicure/manicure
Wear a chunky warm sweater	Have a dance party	Do a puzzle	Send Happy Thanksgiving cards	Donate items to a charity store
Walk in the rain	Write a letter to yourself to open autumn of next year	Free Space	Read your favorite book again	Take a nap
Take a drive to see the changing colors	Go to a pumpkin patch	Write in a gratitude journal	Make s'mores	Soak in a hot bath
Put up autumn decorations	Have a technology free unplugged day	Say "no" to something	Go to bed 1 hour earlier than normal	Have a coffee date with a friend



LEARN MORE ABOUT THE SELF CARE BINGO BOARD BY SCANNING THE QR CODE ON THIS PAPER AND WATCHING THE YOUTUBE VIDEO.





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