



SELF-CARE BINGO - HOW MANY **WILL** YOU DO?

**PRACTICED
5-2-7
BREATHING**

**SLEPT
IN
LATE**

**TREATED
MYSELF**

**SAID NO
AND
OWNED IT**

**HAD A NO
SCREEN
DAY**

**DANCED
LIKE A
TODDLER**

**SPENT
TIME
PLAYING**

**TOOK
A NAP**

**WROTE A
99 HAPPY
THOUGHTS
LIST**

**JOURNALED
MY
FEELINGS**

**SPENT
TIME IN
NATURE**

**SENT A
LOVE
LETTER TO
MYSELF**



THE PLAY COACH

**PUT
MYSELF
FIRST**

**MADE A
GRATITUDE
LIST**

**SPENT
TIME
RELAXING**

**BELIEVED
IN
MYSELF**

**LAUGHED
FOR NO
REASON**

**ASKED
FOR
HELP**

**SPENT
TIME BEING
CREATIVE**

**READ FOR
PLEASURE**

**TRIED
SOMETHING
NEW**

**SET A
BOUNDARY**

**WENT TO
BED EARLY**

**ATE
DESSERT
BEFORE
DINNER**



THE PLAY COACH



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CONNECT WITH ME
FOR TRAININGS,
PLAYSHOPS,
COACHING & MORE!



WONDER



JOY



WELLBEING

makeyourownrainbows.com

CREATING A PLAY-LIFE BALANCE

Striving for a **work-life** balance can leave you feeling like a failure, time and time again. Let's flip this concept on its head and instead *intentionally* create a life you love with a **PLAY**-life balance. Print page one of this self-care bingo card to create **playful** moments every single day – build **resilience**, soak up **wonder**, create **joy**, express **gratitude**, **reflect** on your thoughts and feelings and be **curious** about everything! **Who** told us to stop playing? Self-care is not selfish...it's **life-saving** – and so is play. Embrace it! How many ways can you say **YES** to play?