

Self -Love Bingo

#SelfLoveWithLadyV

SPEND TIME IN GOD'S WORD	LET NEGATIVE PEOPLE GO	GET DRESSED UP AND TAKE YOURSELF TO DINNER	DO SOMETHING FUN WITH SOME FRIENDS	AFFIRM YOURSELF OFTEN
SAY NO WHEN YOU NEED TO; IT'S OKAY TO TAKE TIME FOR YOURSELF	TRAVEL SOMEWHERE/ TAKE A MINI VACATION	PLAN A DAY OF RELAXATION (I.E. MASSAGE, BUBBLE BATH, ETC)	TREAT YOURSELF TO SOMETHING SPECIAL	MAKE TIME FOR REST
EXERCISE OFTEN	PRACTICE GRATITUDE FOR YOUR LIFE AND IT'S MANY BLESSINGS	Free @Only1Lady_V	NO SOCIAL MEDIA FOR A DAY	TRY SOMETHING NEW OR PICK UP A NEW HOBBY
WRITE YOURSELF A LOVE LETTER	REMIND YOURSELF YOU ARE ENOUGH	PLAN A DAY OF PAMPERING (I.E. HAIR, NAILS, FACIAL, ETC)	TAKE YOURSELF ON A MOVIE DATE	MEDITATE OR DO YOGA
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST OR FIND A THERAPIST TO HELP YOU	READ SOMETHING INSPIRATIONAL	EAT HEALTHY FOR A DAY