THE {con·fab} EXPERIENCE

SELF CARE BINGO

eat something healthy	watch a movie	doodle/ draw/ color	organize your day	go for a hike
stretch	go for a walk	write in your journal	take a warm bath	do a fun exercise
call a friend	drink more water	FREE CHOICE	turn off electronics	declutter something
play with a pet	write a thank you note	spend time in the sun	read a book	meet up with a friend
take a nap	breathe deeply	listen to music	go to bed early	have a treat