

Valentine's Day Selfcare Bingo



10 minute
breathing exercise /
meditation

Glass of your
favorite beverage

A healthy meal

Delicious snack of
your choice

Walk or exercise for
at least 30 minutes

Trying out a new
recipe



Evening Social
Media Break



YOURCOACH

A list of What
You're Grateful For

Long bath or a
facemask

Reading before bed

Dancing to your
favorite song

Hug someone

Afternoon Nap

Treat yourself to
book / coffee /
candle / a gift that
you really wanted

