

# BINGO

get a  
massage

go for a  
walk

read a  
book

buy  
yourself  
flowers

take a  
nap

watch a  
movie

go  
shopping

dance  
party

meal  
with  
friends

long  
bath/  
shower

mani/  
pedi

cook/  
bake

**FREE**

go to a  
movie

spa  
day

watch  
fav. tv  
show

unplug

journal

do  
something  
crafty

star-  
gaze

yoga  
session

get  
some  
fresh air

enjoy a  
coffee

declutter  
a space

meditate