

SELF-CARE Bingo

DIDN'T YELL AT KIDS TODAY	TODAY I WORE CLOTHES WITH NO STAINS & NO HOLES	GOT OUT OF THE HOUSE ALONE	PROCESSED MY FEELINGS INSTEAD OF NUMBING THEM WITH SUBSTANCES <small>OR ONLINE SHOPPING!</small>	DIDN'T CRITICISE MYSELF
PUT ALL THE LAUNDRY AWAY	VACUUMED & MOPPED ON THE SAME DAY!!!!	COOKED 5 NIGHTS IN A ROW!!!!	SPENT TIME WITH THE ANIMALS <small>(ACTUAL ANIMALS NOT THE KIDS LADIES!)</small>	WORE MAKE UP
DID SCHOOL PICK UP IN 'OUTSIDE' CLOTHES <small>PYJAMAS/LEGGINGS/SLIPPERS DON'T COUNT!</small>	DRANK 8 GLASSES OF WATER <small>YOU ARE NOT JESUS NO TURNING WATER INTO WINE!</small>	<i>Hall Pass</i>	AFTERPAY ALL PAYED UP	TREATED MYSELF <small>& DIDN'T JUSTIFY IT</small>
DID A FUN ACTIVITY WITH THE KIDS	GOT 8 HOURS OF SLEEP WITH NO INTERRUPTIONS	WENT TO BED BEFORE 10 PM	PAID A BILL ON TIME	PLANNED MY WEEK
SPENT ALL DAY WATCHING MY FAVE SHOW <small>INSTEAD OF HOUSEWORK</small>	PUT SOME SAVINGS AWAY	DIDN'T SAY THE F BOMB TODAY	WROTE IN MY JOURNAL	DIDN'T SCREAM AT HUSBAND THIS WEEK!

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