

♥ Self-Love BINGO ♥

Self -Love [noun] (1) love of oneself (2) regard for oneself and one's own interests
Webster's New World College Dictionary

Let's play BINGO! To nurture your [self-love habits](#), it is important to practice everyday. People can become discouraged when trying to adopt new habits because change can be challenging.

During the next 7 days, use this BINGO grid as your [self-love guide](#). Try to incorporate as many of these self-love activities into the next 7 days. Check off each activity once you have completed it.

To increase your motivation and the fun factor, play along with people you know. Decide what style of BINGO you will play (blackout, 4 corners, 5 horizontal, 5 diagonal, 5 vertical, etc.) and set up a reward system.

Write down 31 things you love about yourself	Write your personal manifesto	Try a new exercise class (or exercise DVD)	At the end of day, write down everything you accomplished	Read something that inspires you
Drink 8 eight ounce glasses of water today	Go an entire day without complaining	Write a love letter to your body	Make a meal with produce from the farmers' market	Spend 15-to-60 minutes coloring
Write 31 affirmations you can use each day of a month	Identify & write down your top 5 boundaries that will make you happier	Get at least 8 hours of sleep tonight	Call a good friend and chat for 15-to-60 minutes	Sit outside, in nature, for 15-to-60 minutes
Take yourself on a fun date	This morning, write a gratitude list	Watch your favorite movie	Omit two or more things from your "to do" list today	Decline an invitation that does not make you excited (Say no.)
Write an acrostic poem , using your name. List why you love yourself.	Unplug for 12-to-24 hours (screen time fasting)	Use a guided meditation when you first wake up and right before bedtime	Create a self-love vision board	Write or update your top goals and create an action plan

Get more self-love tools in
[The Self-Love Playbook for #boldthinkers](#)

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Kanisha Baynard



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