

# Self-Care Bingo

Of the 25 statements, see how many are true for you. Complete as many as possible over the next six months.

1	2	3	4	5
I have had a physical exam within the past year.	I work late less than twice a month and I rarely bring work home with me.	I am comfortable saying no.	I delegate effectively.	I get enough sleep each night.
I have been to a dentist within the past year.	I eat take-out less than twice a week.	I rarely take on too much and don't feel overwhelmed.	I am self-sufficient but I ask for help from others, as needed.	I never hit the snooze button.
I get a massage or some other form of wellness every month.	I take a vacation at least once a year.	I don't feel guilty if I disappoint others (when I make decisions based on my values).	I don't have road rage.	I eat breakfast and lunch regularly.
I rarely feel weak or tired.	I am on time for meetings and appointments.	I manage conflict effectively.	I don't try to do everything myself; I delegate or outsource sometimes.	I make time to hang out with family and friends.
I have had an eye exam within the last two years.	I exercise regularly.	It's okay if someone doesn't like me; I understand that everyone has different preferences.	I rarely complain about how much I have to do.	I take time for myself.