



self love bingo



Say something kind to yourself	Free space	Remind yourself you are beautiful	Celebrate a work win	Forgive yourself for making a mistake
Free space	Accept a compliment	Journal your thoughts	Remind yourself you are enough	Dismiss a negative thought
Dismiss a limiting belief	Say something positive to yourself	Remind yourself you are strong	Free space	Say something kind about your body
Say something kind about your abilities	Forgive yourself for a past mistake	Free space	Turn a negative thought into a positive	Tell yourself something you crave hearing
Celebrate a personal win	Remind yourself you are capable	Give myself a compliment	Identify a negative thought	Free space

kindcards

