

Radical Self-Care BINGO!

Directions: Connect with someone in the room and discuss one of the squares. Sign each other's sheet, and then find a **new** person with whom to discuss a new topic. When completed, yell BINGO!

What is your favorite way of taking care of yourself?	Describe the last time you were mindful with your eating?	What music do you listen to that makes you feel awesome?
When do you get your quiet time in your day?	Ask any question you would like to ask . . .	When was the last time you went for a walk outside?
Who do you count on for emotional support?	What stops you from taking care of yourself?	How do you prioritize your self-care?