


SHEro

PHYSICAL

self-care bingo

for deepening into your own wisdom

MOVED MY BODY	BREATHED DEEPLY	GROUNDING AND CENTRED MYSELF	COMPLETED THE SACRED PRACTICE	ATE NOURISHING FOOD
DRANK WATER	HAD RESTFUL SLEEP	TRIED A NEW RECIPE	GOT SOME BODY WORK (OR DID IT MYSELF)	LISTENED TO MY INTUITION
TOOK A NAP	USED MY TOOLS OF DIVINATION		SPOKE KINDLY TO MY BODY	SAID 'YES' TO DOING NOTHING
ATE REGULARLY	PRACTICED THE SHERO POWER POSE	GOT SOME FRESH AIR	DID ONE THING AT A TIME	STRETCHED MY BODY
LISTENED TO MY INTUITION	RESTED	DANCED	UNPLUGGED FROM MY ELECTRONICS FOR AT LEAST 2HRS	SCHEDULED 'PLAY BREAKS' DURING THE DAY

