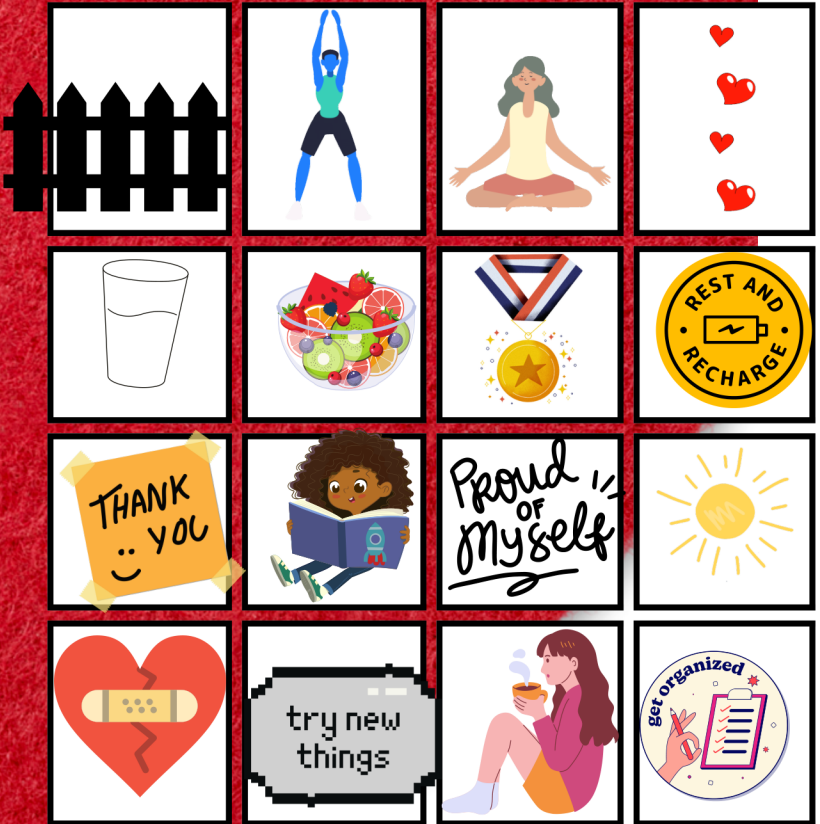


Self Love

BINGO



@exodusjw

Self Love

BINGO

Boundaries	Exercise	Meditate	Self love
Water	eat fruit	Reward self	Rest time
Gratitude for self	learn something	Proud of self	10 mins of sun
Forgiveself	Try new things	date self/ alone time	Hobby