

# ALONE TIME

## Bingo

Mark the box containing suggestions you tried

Danced to Teen Angst Thow backs	Organized something	Slowed down your morning routine	Made tea/coffee and had it before it got cold
Checked yourself out	Made some good food	Dressed cute just because	Woke up early
Sat in silence	Read a book	Wrote out some goals	Did a home workout
Slept in	Practiced deep breathing	Had a personal therapy session with yourself	Journalled
Planned out the rest of your day	Listened to a podcast	Got into a new show/caught up with an old one	Prayed/meditated