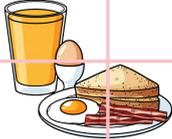
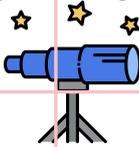




Tick off each square as you treat yourself throughout your birthday month!

B I N G O

Morning bubble bath 	Face mask evening	Read for 1 hour	Breakfast in bed 	Scented candle night
Take a long walk	Cook favourite meal	Manicure or pedicure	Call a best friend	Watch fave film
Nap without guilt 	Flowers for yourself	FREE SPACE ★	Try new recipe	Digital detox day
Yoga or stretch	Visit a cafe alone	Journal thoughts	Book a massage	Stargazing evening 
Buy yourself a gift	Meditation 10 mins	Museum or gallery	Say no to something	Dance to your song