

Self-Care

B I N G O



Asked a Nagging Divorce Question

Got Shit Done

Followed @exEXPERTS on Instagram

Let Something Go

Listened to a Divorce, etc... Podcast



I Joined a Girl Gang for Support (Psst - We Are One!)

Asked for Help

Wrote 5 Things I am Grateful For

Checked In with My Kids Today

Made Memories with a friend



Did Something I've Been Putting Off

Checked My Credit Score

Read Your 4 Step Divorce Finance Checklist

Cancelled Unused Subscriptions

Forgave Myself for Past Financial Mistakes



Donated to Help Someone Else

Purged Items with Negative Emotional Ties

Solved an organizational challenge!

Resisted an Empty Impulse Buy

Found Something I love in exRATED



Gave Myself a Compliment

Enjoyed a Spotify Playlist

Made A Connection with Someone New

Took a Positive Step for My Health

Gave Myself Permission to Feel How I Feel