



Sincerely, Irene B.com

Thanksgiving Bingo Card

Rocked a for **"special-only"** outfit to a regular event

Did a micro-act of **self-care**... lush!

Tried a **tiny thrill** I've been thinking about for months

Indulged in some **juicy gossip**

Took the **long way home** on purpose

Made a memory of something "small"

Took a **delicious nap** at an irregular hour

Announced **"I'm busy"** cause I was busy **doing nothing**

Bought the **fancy version** of something I usually cheap out on

Spoke to myself in the mirror like I was my own hype crew

Devoured a yummy treat, I said I "didn't need"

Intentionally planned an upcoming **rest and recharge day**

FREE SPACE

by Sincerelyireneb.com

House to myself → instant solo **old school dance party**

Checked off a "Thimble List" item (aka a "mini" bucket-list)

Declared a **"BIG NO"** to fuss and foolishness

Took a longer **pause to reflect** (journaling or thinking)

Made myself a **"BAD B-main character" playlist**

Did something that **pleasantly surprised myself**

Gave myself all the grace for **not getting 'it' done**, today

Buying myself flowers **because I'm HELLA special**

Romanticized doing a totally normal chore — and now hate it less

Said "YES" to something waaaay outside my comfort zone

Revelled with so much **pride of a tiny win**

Planned a **gratitude-worthy rest and recharge day**