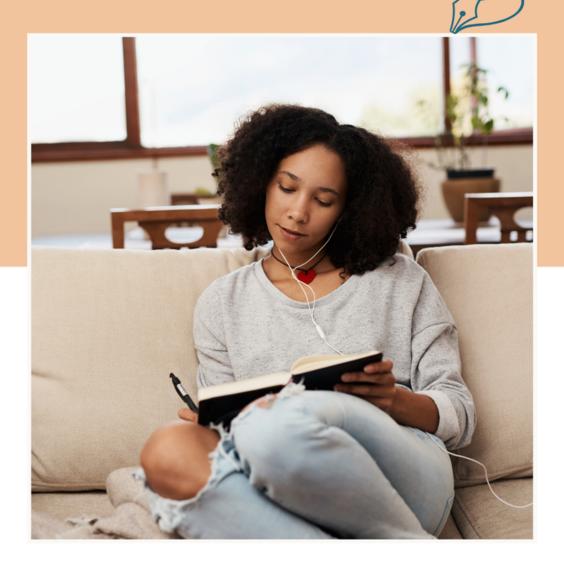
## JOURNALING Bingo halleng



## Thank You for Downloading!

Make journaling fun, freeing, and full of self-discovery with our 30-Day Journaling Bingo Challenge! Whether you're restarting your self-care routine or looking to deepen your daily reflections, this challenge adds a playful twist to personal growth.

## **How It Works:**

- · Complete 5 prompts in a row (horizontal, vertical, or diagonal)
- · Or go for a blackout and fill the whole board!
- · Use it daily or at your own pace
- · Track your progress & win at self-love!
  - Each prompt is designed to help you:
  - ✓ Reflect on your beauty rituals
  - Reconnect with your purpose
  - **✓** Practice gratitude and mindfulness
  - **✓** Tap into your inner confidence

**#** Bonus: Tag us @BeautyHubCentral with your bingo board to be featured!

## **JOURNALING**

Bingo Chaffenge

Reflect on today's highlights Write a letter to your future self

Describe a recent dream

List your top 3 goals Gratitude for something new

A challenge you overcame

Describe a happy moment

Your self-care routine Write about a favorite book Record a random thought

Set a personal intention List things that make you smile Write about a role model Describe your ideal day A lesson learned recently

Write a wish for the future

Describe your favorite place

Plan a mini adventure

3 things I'm good at Reflect on a recent conversation

A goal I'm working on 10 things I'm grateful for

A memory I will never forget A habit I want to break Something I've always wanted to do