

A Journey Within Bingo

How to play:

Follow Us **BOTH** on  & 

Download/Save the Bingo Board

Post your completed Bingo tasks w/
#journeywithin

Email your completed board to hello@ebonysbailey.com!

Winner receives a self care box + an
autographed copy of
"A Journey Within."



Say No to something that is taking up unnecessary time or causing anxiety	Choose yourself today	Take a risk. Do something outside of your comfort zone	Pay it forward	Repost the Self Care Journal Ad
Get 8 hrs of rest!	Pre-Order A Journey Within on urdreampad.com	Follow Ebony S. Bailey + urdreampad 	Purchase a book from DeVonnda	Do something fun
Get a manicure or pedicure	Follow Vaughnda monroe 	<i>Free</i>	Follow esbailey + urdreampad 	Write a motivational or encouraging letter to yourself
Meditate	Purchase a book or journal from Ebony S. Bailey or DreamPad	Follow: The Vaughdamonroe Guide 	Take a 30 minute walk.	Journal for 10 mins
Treat Yourself	Learn something new	Recite 3 affirmations in the mirror and post them on SM and TAG US	Do a Self Check or Reflection	Drink at least 64 oz of Water

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