



Journaling

BINGO

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Who are you becoming?	What kind of life are you creating now?	What's one thing that made you smile today?	Describe a moment you felt strong	Describe something beautiful you saw today
What's one thing you are proud of about yourself?	What pain are you still holding onto?	What would it feel like to forgive yourself?	What do you need to let go of to move forward?	What do you wish others knew about your grief?
What weight are you tired of carrying?	How have you surprised yourself lately?	Free Space Do something fun today!	What's a dream you want to explore?	If your grief was a place, what it would it look like?
What do you want to remember from this trip?	What is one message you want to tell your past self?	How are you really feeling today?	What are you avoiding thinking about?	What does healing look like to you in this season?
What small thing brought you comfort today?	How has grief changed your sense of self?	What's the hardest part of this loss to put into words?	Write a letter to who/what you're grieving	What do you miss most and why?

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Grieve. Go. Grow

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How to Use Your Solo Spirit Bingo Card

Your Solo Spirit Bingo card is more than a fun travel game — it's a mindful tool designed to gently guide you through healing, reflection, and connection as you explore the world on your own. Each square invites you to take small but meaningful steps, whether that means journaling your feelings, trying something new, noticing a quiet moment, or connecting with someone along the way.

Complete the squares in any order and at your own pace. For every line you finish, reward yourself with something small but special — a local treat, a moment of stillness, a photo you love, or a keepsake from your journey.

When you complete the entire board, take time to celebrate how far you've come. Showing up for yourself, especially in times of grief, transition, or uncertainty, is a victory worth honoring. You might reward yourself with a special dinner, book your next adventure, or simply start a new Bingo card.

Follow Solo Spirit at @solospirit.me on Facebook and Instagram, and @solospiritblog on Pinterest, for more solo travel inspiration, grief support, and gentle encouragement. You can also visit the Freebies page at solospirit.net for more Bingo cards, journal prompts, affirmations, and meaningful travel resources to support your journey.

Gentle Reminder

Solo Spirit Bingo cards are designed for personal reflection, encouragement, and inspiration. Please use your own judgment when completing any activity, and always prioritize your safety, comfort, surroundings, and personal limits. Solo Spirit is not responsible for any incidents, injuries, losses, or outcomes that may occur while using or participating in these activities. Trust your instincts, explore responsibly, and when in doubt, err on the side of caution.

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This Bingo card was created to support your healing journey — one suitcase at a time. It's intended for personal use as you chart your own course. Please don't copy, share, reproduce, or redistribute without permission. For collaborations or licensing inquiries, reach out via welcome@solospirit.net.

Safe travels and gentle adventures.