



Cruising

BINGO



B	I	N	G	O
Eat breakfast alone	Watch sailaway on deck	Attend the solo meetup or meet another solo traveler	Try a new drink or dessert	Explore the ship
Join trivia	Watch the sunset at sea	Dress up for dinner	See a theater show	Join a dance class
Relax by the pool	Take a deck selfie	Free Space Indulge in a nice dessert	Try ordering room service	Go to karaoke
Walk the promenade	Book an excursion	Read somewhere with an ocean view	Watch live music	Visit the spa
Attend a game show	Watch the sunrise at sea	Dine at a specialty restaurant	Journal at sea	Make a new friend

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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.