

Solo Spirit Bingo: Journaling

Journaling helps you process your grief. Use this card to help guide you.

DATE: _____

BINGO

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

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

How to Use Your Solo Spirit Bingo Card (and Celebrate Along the Way):

Your Solo Spirit Bingo card is more than just 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 it's journaling your feelings, trying something new, or connecting with someone on the road.

Complete the tasks 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, or a keepsake from your journey. When you complete the entire board, take time to celebrate how far you've come-because showing up for yourself, especially in times of transition or grief, is a victory worth honoring. Perhaps reward yourself with a special dinner or by booking your next adventure simply starting a new Bingo card.

Be sure to follow us on **Facebook (solospirit.me)**, **Instagram (@solospirit.me)**, and **Pinterest (SoloSpiritBlog)** for more inspiring content. And don't forget to check out the freebies page on our website where you'll find bingo card, journal prompts, affirmations, and other meaningful items to support you on your journey.

Disclaimer:

Solo Spirit is not responsible for any outcomes, incidents, or injuries that may occur as a result of using or participating in the Bingo card activities. These cards are designed to inspire reflection and connection, but it's up to each traveler to use common sense, prioritize personal safety, and make decisions that align with their comfort and surroundings. Always trust your instincts and explore responsibly. When in doubt, always err on the side of caution.