




Bravery





BINGO

B	I	N	G	O
Take a detour without a plan	Take a mindful walk in silence	Go somewhere just for beauty	Celebrate a small win with a treat	Laugh: watch or listen to something funny
Do something that scares you (safely)	Do something bold with your style	Make a decision based on joy, not fear	Practice a breathing exercise for 5 minutes	Name one fear, then take one gentle step
Set an intention for the day	Sit with discomfort without fixing it	Free Space You are braver than you think.	Pause for 3 deep breaths	Spend an hour unplugged and fully present
Speak kindly to yourself out loud	Let go of one expectation	Reflect on a moment you were proud of	Forgive yourself for something	Try a new activity you've never done before
Try something creative (draw, sing, write)	Say 'yes' to a new experience	Dance in your room or outside	Let yourself cry without judgment	Pause and soak in a view fully

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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.

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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.