

B	I	N	G	O
Take a meal/treat to a neighbor	Cleaning out your social media	Calling a family member	Hang with good friends	Practicing yoga
Listen to your favorite music	Garden	Setting boundaries	Photography	Do something creative
Playing brain games/puzzles	Reading	FREE	Take a walk outside	Doing a jigsaw puzzle
Knit	Leave a generous tip	Prayer	Listen to an inspiring or enjoyable podcast	Play a sport
Hug someone you love	Help someone else	Meditation	Eat your favorite meal	Meeting a friend for lunch

B	I	N	G	O
Listen to your favorite music	Listen to an inspiring or enjoyable podcast	Do something creative	Relax with a good book	Draw paint or create something
Practicing yoga	Knit	Doing a jigsaw puzzle	Leave a generous tip	Setting boundaries
Take a walk outside	Cleaning out your social media	FREE	Photography	Meditation
Meeting a friend for lunch	Leave a kind note for someone	Give someone a compliment	Hang with good friends	Play a musical instrument
Playing brain games/puzzles	Read inspiring quotes	Eat your favorite meal	Play a sport	Garden

B	I	N	G	O
Play a sport	Meditation	Meeting a friend for lunch	Cleaning out your social media	Knit
Calling a family member	Listen to an inspiring or enjoyable podcast	Garden	Take a meal/treat to a neighbor	Draw paint or create something
Visit an elderly relative	Taking a bubble bath	FREE	Give someone a compliment	Do something creative
Practicing yoga	Photography	Going to a place of worship	Take a walk outside	Listen to your favorite music
Eat your favorite meal	Playing brain games/puzzles	Leave a generous tip	Hang with good friends	Doing a jigsaw puzzle