

B	I	N	G	O
pray or meditate	Asked for help when you needed it	Do something you love	Took a selfie	Said something nice about yourself in the last 24 hours
Did something you put off for a while	go to bed early or sleep in because you want to	Start watching a new show	Cook something new	Take a shower
go on walk	try something new	add your own	Created something	Let yourself Cry
Make a new friend	create a motivational playlist	Said no when you wanted to say no	Forgave yourself for something	Start a new book
Failed but tried again	Deep Breathing	Stayed off social media for 24 hours	write in a journal	Do something that only benefits you

B	I	N	G	O
try something new	Cook something new	Took a selfie	Did something you put off for a while	Start watching a new show
Do something you love	write in a journal	Said something nice about yourself in the last 24 hours	Deep Breathing	Take a shower
Make a new friend	Created something	add your own	Let yourself Cry	Asked for help when you needed it
Forgave yourself for something	Stayed off social media for 24 hours	pray or meditate	Do something that only benefits you	create a motivational playlist
Said no when you wanted to say no	Start a new book	go on walk	go to bed early or sleep in because you want to	Failed but tried again

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Deep Breathing	Stayed off social media for 24 hours	Cook something new	Start a new book	Created something
pray or meditate	Make a new friend	Said no when you wanted to say no	go to bed early or sleep in because you want to	Said something nice about yourself in the last 24 hours
go on walk	Do something that only benefits you	add your own	create a motivational playlist	Forgave yourself for something
try something new	Take a shower	Took a selfie	write in a journal	Do something you love
Let yourself Cry	Asked for help when you needed it	Start watching a new show	Did something you put off for a while	Failed but tried again