

B	I	N	G	O
Think about happy memories	Become one with nature	Alter your Gardening	Find something you will enjoy	Sing
Go to the gym	Do something youthful	Talk to a friend	Learn something new	Brake out your comfort zone
See a movies	Take a long shower	FREE	Try new things	Bring the back out of you for a moment
Have a hour car ride and listen to your favorite music	Go get your feet done	Take a time out	Go meet new people	Take a bubble bath
Go out to eat	Say positive things about yourself	Go to a comedy show	Take a long bath	Get your feet rubbed

B	I	N	G	O
Take a time out	Go get your feet done	Get a facial	Go to your favorite place of fun	Go meet new people
Gardening	Bring the back out of you for a moment	Dance	Have a hour car ride and listen to your favorite music	Go to the zoo
Go to a comedy show	Breathing	FREE	Cooking	Stress Ball
Go get a massage	Talk to a friend	Brake out your comfort zone	Try new things	Take yourself somewhere
Believe in yourself	Sing	Go to your favorite restaurant	Go on a nice train ride changing your scene	Draw

B	I	N	G	O
Gardening	Take a time out	Paint	Visit Family	Stress Ball
See a movies	Listen to music	Take a bubble bath	Bring the back out of you for a moment	Do something you love
Go to the zoo	Draw	FREE	Say positive things about yourself	Go to your favorite place of fun
Go to your favorite restaurant	Become one with nature	Go get a massage	Alter your Gardening	Go to the gym
Do something youthful	Talk to staff	Cooking	Write in a journal	Watch a movie