

B	I	N	G	O
Take a 10-minute walk	Check bill due dates	Journal your thoughts	Set a small savings goal	Pray or meditate for 5 minutes
Get enough sleep	Stretch for 5 minutes	Read for pleasure	Drink water	Say a positive affirmation
Spiritual	Track today's spending	FREE	Eat one nourishing meal	Mental
Physical	Skip an unnecessary purchase	Practice deep breathing	Listen to calming music	Read an inspiring quote or scripture
Light workout or yoga	Financial	Review your bank balance	Unplug from social media for 1 hour	Give thanks out loud

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Physical	Eat one nourishing meal	FREE	Mental	Check bill due dates
Listen to calming music	Review your bank balance	Take a 10-minute walk	Give thanks out loud	Skip an unnecessary purchase
Practice deep breathing	Read an inspiring quote or scripture	Spiritual	Stretch for 5 minutes	Light workout or yoga

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