

B	I	N	G	O
Work on home projects	Begin a hobby	Go out for lunch	Spend time in prayer or meditation	Plan the day's activities- or do not plan and be spontaneous
Enjoy time alone or with others	Watch or listen to a thunderstorm	Recall the loving words or deeds of others	Do something creative or take art lessons	Watch a comedy
Write a journal or diary entry	Enjoy a sunrise or sunset	FREE	Have your hair or nails done	Listen to inspiring music
Splurge on something	Plan and cook a meal at your leisure	Soak in the bath or hot tub	Go see movie during the week	Read a book
Enjoy beautiful scenery	Spend time with a loved one	Get a massage	Write a letter to someone	Go for a walk

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Have your hair or nails done	Begin a hobby	FREE	Go see movie during the week	Soak in the bath or hot tub
Go for a walk	Work on home projects	Get a massage	Splurge on something	Enjoy beautiful scenery
Plan the day's activities- or do not plan and be spontaneous	Go without makeup for one day- or put on makeup for one day	Watch a comedy	Recall the loving words or deeds of others	Watch or listen to a thunderstorm

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