

B	I	N	G	O
Tell a clean joke!	10 Tile everyone-even outside of work	Count to 10 before reacting	Ring Bells or Donate to the Red Kettle	No Complaining at home or work
Bring treats to a neighbor	Stretch break!	No gossip all day-bite your tongue	20 minute brisk walk outdoors	Randomly call a friend or loved one
Sit Quietly and RELAX for 10 minutes	Use Nu Val to upgrade your shopping cart	Day Off! Enjoy!	20 minute brisk walk outdoors	Enjoy a favorite holiday movie
Family Dinner-No TV	Scrape frost/snow from a co-workers car	Give a sincere compliment	Eat an Apple	No Meat Monday
Do a selfless favor	Big inhale/exhale when overwhelmed-relax	Random Act of Kindness	Walk guest to an item in a different department	Buy lunch for a co-worker

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