

B	I	N	G	O
Try some aromatherapy	Dance	Go shopping	Take a hot shower	Play a musical instrument
Go for a walk	Text or call a friend	Read a good book	Do a word search or crossword	Surf the internet
Take up a new hobby	Write (poetry stories journal)	FREE	Exercise	Listen to music
Meditate	Take a nap	Paint or draw	Knit or sew	Pray
Go shopping	Go fishing	Sing	Yoga	Go see a movie

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Write (poetry stories journal)	Do a word search or crossword	Take a hot shower	Go for a walk	Read a good book
Go shopping	Yoga	Play a musical instrument	Go fishing	Surf the internet
Meditate	Exercise	FREE	Listen to music	Dance
Knit or sew	Sing	Try some aromatherapy	Go see a movie	Take a nap
Paint or draw	Pray	Take up a new hobby	Text or call a friend	Go shopping

B	I	N	G	O
Go fishing	Sing	Do a word search or crossword	Pray	Exercise
Try some aromatherapy	Meditate	Paint or draw	Text or call a friend	Play a musical instrument
Take up a new hobby	Go see a movie	FREE	Take a nap	Knit or sew
Write (poetry stories journal)	Surf the internet	Take a hot shower	Yoga	Go shopping
Listen to music	Dance	Read a good book	Go for a walk	Go shopping