

B	I	N	G	O
TAKE a detox bath	BE grateful for everything	FIND beauty and appreciate it	REPEAT positive affirmations to yourself	MEDITATE and enjoy the space between your thoughts
EAT fresh organic food	SING like nobody is listening	READ an inspirational story	CREATE something using your hands	RECOGNIZE a negative thought and turn it positive
SHARE a meal with someone who can't afford one	TELL someone how much you love and appreciate them	BREATHE and nothing more	DANCE like nobody is watching	HUG someone who needs it
KEEP a journal	SAY something nice to a stranger	LAUGH with someone you love	GO outdoors and enjoy nature	PRACTICE random acts of kindness
FORGIVE someone who has hurt you	DRINK water to clear toxins and energize your body	RECEIVE energy healing (Reiki EFT Quantum Touch Shamanic Healing etc)	WORK with your guides/angels to become your authentic self	FEEL the earth between your fingers or toes

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