

B	I	N	G	O
Take a bath/hot shower	Call a friend to chat	Eat 3 fruits	Shut phone OFF and completely "Unplug" from electronics for 1 hr	Give someone a hug
Do a 7-10min workout	Take a 15min walk	Pet a cat/dog/animal	Deep breaths & count blessings	Say NO to something you normally wouldn't
Stretch for 15min	Take a nap	STRESS LESS FREE SPACE	Do 1 random act of kindness	Get a massage
Give YOURSELF a compliment	Soak your feet for 10min	Give someone a compliment	Get 7 hrs of sleep	Meditate for 10min
Eat 3 veggies	Do Yoga	Read a Book/Magazine	Write 3 things you're grateful for	Do a crossword/sudoku puzzle

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Take a nap	Deep breaths & count blessings	Shut phone OFF and completely "Unplug" from electronics for 1 hr	Do a 7-10min workout	Pet a cat/dog/animal
Eat 3 fruits	Write 3 things you're grateful for	Give someone a hug	Do Yoga	Say NO to something you normally wouldn't
Give YOURSELF a compliment	Do 1 random act of kindness	STRESS LESS FREE SPACE	Get a massage	Call a friend to chat
Get 7 hrs of sleep	Read a Book/Magazine	Take a bath/hot shower	Do a crossword/sudoku puzzle	Soak your feet for 10min
Give someone a compliment	Meditate for 10min	Stretch for 15min	Take a 15min walk	Eat 3 veggies

B	I	N	G	O
Do Yoga	Read a Book/Magazine	Deep breaths & count blessings	Meditate for 10min	Do 1 random act of kindness
Take a bath/hot shower	Give YOURSELF a compliment	Give someone a compliment	Take a 15min walk	Give someone a hug
Stretch for 15min	Do a crossword/sudoku puzzle	STRESS LESS FREE SPACE	Soak your feet for 10min	Get 7 hrs of sleep
Take a nap	Say NO to something you normally wouldn't	Shut phone OFF and completely "Unplug" from electronics for 1 hr	Write 3 things you're grateful for	Eat 3 fruits
Get a massage	Call a friend to chat	Pet a cat/dog/animal	Do a 7-10min workout	Eat 3 veggies