

B	I	N	G	O
Work on home projects	Begin a hobby	Go for a walk	Spend time with a loved one	Plan and cook a meal at your leisure
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	Spend time in prayer or meditation
Watch a comedy	Write a journal or diary entry	FREE	Enjoy a sunrise or sunset	Go without makeup for one day- or put on makeup for one day
Have your hair or nails done	Splurge on something	Listen to inspiring music	Go see movie during the week	Plan the day's activities- or do not plan and be spontaneous
Go out for lunch	Enjoy beautiful scenery	Soak in the bath or hot tub	Write a letter to someone	Get a massage

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