

B	I	N	G	O
Work on a home project	Begin a hobby	Enjoy time alone or with others	Recall the loving words or deeds of others	Plan and cook a meal
Do yoga or other exercise	Watch a comedy	Play a game outside	Complete a homework assignment	Wash the dishes
Write a journal entry	Do something creative or take art lessons	FREE	Listen to inspiring music	Make a gratitude list
Spend time with a loved one	Meditate	Read a book or magazine	Go for a walk	Plan the day's activities- or do not plan and be spontaneous
Do something nice for someone else	Soak in the bath or hot tub	Enjoy a sunrise or sunset	Write a letter to someone	Enjoy beautiful scenery

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Listen to inspiring music	Begin a hobby	FREE	Go for a walk	Read a book or magazine
Enjoy beautiful scenery	Work on a home project	Enjoy a sunrise or sunset	Spend time with a loved one	Do something nice for someone else
Plan and cook a meal	Go out for lunch	Wash the dishes	Play a game outside	Watch a comedy

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Soak in the bath or hot tub	Wash the dishes	Write a letter to someone	Meditate	Do something creative or take art lessons
Read a book or magazine	Complete a homework assignment	FREE	Listen to inspiring music	Enjoy time alone or with others
Go out for lunch	Plan and cook a meal	Do something nice for someone else	Begin a hobby	Work on a home project
Watch a comedy	Play a game outside	Make a gratitude list	Plan the day's activities- or do not plan and be spontaneous	Enjoy a sunrise or sunset