

B	I	N	G	O
use positive affirmations	Bake or cook	eat healthy	sing or dance	look at photographs
drink a warm cup of tea	use aromatherapy	practice yoga	Exercise	read a good book
take a shower	walk your pet	FREE	Journal	go to a friends house
just breathe	take a nap	listen to music	go for a long walk or hike	meditate
get plenty of sleep	clean and organize	pray	watch a movie	drink water

B	I	N	G	O
walk your pet	Exercise	sing or dance	drink a warm cup of tea	practice yoga
eat healthy	watch a movie	look at photographs	clean and organize	read a good book
just breathe	Journal	FREE	go to a friends house	Bake or cook
go for a long walk or hike	pray	use positive affirmations	drink water	take a nap
listen to music	meditate	take a shower	use aromatherapy	get plenty of sleep

B	I	N	G	O
clean and organize	pray	Exercise	meditate	Journal
use positive affirmations	just breathe	listen to music	use aromatherapy	look at photographs
take a shower	drink water	FREE	take a nap	go for a long walk or hike
walk your pet	read a good book	sing or dance	watch a movie	eat healthy
go to a friends house	Bake or cook	practice yoga	drink a warm cup of tea	get plenty of sleep