

|                                      |                                 |                                             |                                     |                                     |
|--------------------------------------|---------------------------------|---------------------------------------------|-------------------------------------|-------------------------------------|
| <b>B</b>                             | <b>I</b>                        | <b>N</b>                                    | <b>G</b>                            | <b>O</b>                            |
| Tried a new recipe/food              | Asked for help when I needed it | Enjoyed a sunrise or sunset                 | Stayed hydrated all day             | Practiced mindfulness or meditation |
| Decluttered an area that bothered me | Took a technology time-out      | Said "no" to someone                        | Created something                   | Spent time with supportive friends  |
| Took a nap                           | Watched a favorite show/movie   | <b>FREE</b>                                 | Crossed something off my To-do list | Listed things I'm grateful for      |
| Made time for a hobby                | Stretched for 20 min.           | Pampered myself (mani/pedi/haircut/massage) | Learned something new               | Read a book for 30 min.             |
| Got enough sleep                     | Danced like no one was watching | Spent time outside                          | Went for a walk                     | Did something adventurous           |

|                                             |                                     |                                     |                                      |                                    |
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