

B	I	N	G	O
Watched a movie	Allowed Myself to Make a Mistake	Enjoyed Nature	Read a Book	Journalled
De-cluttered or Cleaned Up My Space/Room	Took a bath	Meditated	Asked for Help When Needed	Took a Social Media Break
Created Something	Got Off Campus	FREE	Got a Pedicure or Manicure	Stayed Hydrated
Got a massage	Practiced Self-Compassion	Got Enough Sleep	Listened to Relaxing Music	Exercised
Created a Morning or Evening Ritual	Danced Liked Nobody was Watching	Listened to a Podcast or TED Talk	Deep Breathing	Played a Game

B	I	N	G	O
Went to Bed When I Felt Tired	Spent Time With Friends	Practiced Self-Compassion	Meditated	Stayed Hydrated
Created a Morning or Evening Ritual	Danced Liked Nobody was Watching	Played a Game	Listened to Relaxing Music	De-cluttered or Cleaned Up My Space/Room
Listened to a Podcast or TED Talk	Asked for Help When Needed	FREE	Got Off Campus	Allowed Myself to Make a Mistake
Journalled	Watched a movie	Went to Therapy	Deep Breathing	Created Something
Read a Book	Dropped a Bad Habit	Got a Pedicure or Manicure	Enjoyed Nature	Got Enough Sleep

B	I	N	G	O
Listened to a Podcast or TED Talk	De-cluttered or Cleaned Up My Space/Room	Practiced Self-Compassion	Played a Game	Dropped a Bad Habit
Asked for Help When Needed	Went to Therapy	Enjoyed Nature	Went to Bed When I Felt Tired	Tried Something New
Deep Breathing	Stayed Hydrated	FREE	Got a massage	Read a Book
Allowed Myself to Make a Mistake	Danced Liked Nobody was Watching	Listened to Relaxing Music	Got a Pedicure or Manicure	Got Enough to Eat
Watched a movie	Created Something	Took a Social Media Break	Created a Morning or Evening Ritual	Took a bath