B	I	N	G	O
Think of a fond memory	Bake yourself something	Eat a fruit	Stretch	Have a full 8 hour sleep
Drink 2 litres of water	Take time to do absolutely nothing	See the moon	Be proud of yourself	Smile to yourself
Take deep breaths	Walk 10000 steps	Tell your baby you love them	Buy yourself something	Feel the rain on your skin
Get something productive done	Take a nap	Go to bed before 11:00 pm	Exercise	Play a game
Eat breakfast	Buy yourself take-out	Self-groom	Watch an episode of something you like	Eat a chocolate

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B	I	N	G	O
Walk 10000 steps	Be proud of yourself	Stretch	Drink 2 litres of water	See the moon
Eat a fruit	Watch an episode of something you like	Have a full 8 hour sleep	Buy yourself take-out	Smile to yourself
Get something productive done	Buy yourself something	Tell your baby you love them	Feel the rain on your skin	Bake yourself something
Exercise	Self-groom	Think of a fond memory	Eat a chocolate	Take a nap
Go to bed before 11:00 pm	Play a game	Take deep breaths	Take time to do absolutely nothing	Eat breakfast

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B	I	N	G	O
Buy yourself take-out	Self-groom	Be proud of yourself	Play a game	Buy yourself something
Think of a fond memory	Get something productive done	Go to bed before 11:00 pm	Take time to do absolutely nothing	Have a full 8 hour sleep
Take deep breaths	Eat a chocolate	Tell your baby you love them	Take a nap	Exercise
Walk 10000 steps	Smile to yourself	Stretch	Watch an episode of something you like	Eat a fruit
Feel the rain on your skin	Bake yourself something	See the moon	Drink 2 litres of water	Eat breakfast

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