

B	I	N	G	O
Traffic	Bad Hair Day	A Hot Shower	Ending a Relationship	Play Solitaire
Illness	Confrontation	Self Criticism	Loss of Sense of Humor	Board Game
Restlessness	Waiting in Line	Stress Management	COVID	Lack of Sleep
Hobby	Holiday Preparations	Public Speaking	Hug Someone	Music
Read a book	Goals	Journal	Fatigue	Chat with a Friend

B	I	N	G	O
Chores	Lack of Sleep	Illness	Hug Someone	COVID
Restlessness	Proper Nutrition	Hobby	Holiday Preparations	Self Criticism
Board Game	Waiting in Line	Stress Management	Bad Hair Day	Play Solitaire
Journal	Jumping to Conclusions	Confrontation	Ending a Relationship	Moving
Loss of Sense of Humor	Puzzles	Chat with a Friend	Commuting	Music

B	I	N	G	O
Jumping to Conclusions	Bad Hair Day	Headaches	A Hot Shower	Hug Someone
Confrontation	Traffic	Chat with a Friend	Yoga	Waiting on Hold
Deadlines	COVID	Stress Management	Proper Nutrition	Loss of Sense of Humor
Draw	Illness	Commuting	Board Game	Play Solitaire
Holiday Preparations	Ending a Relationship	Lack of Sleep	Goals	Music