

B	I	N	G	O
Watch a movie	Call someone	Go to a thrift store	Take deep breaths	Pray
Go out to lunch	Watch a TED Talk	Spend 1 hour outside	Cross stitch a small picture	Take a walk
Visit family	Write a letter	FREE	Decorate a journal	Listen to music
Make a keto friendly dessert	Turn off phone for an afternoon	Practice drawing icons	Listen to a podcast	Read a book
Help a friend	Exercise	Take a ride	Write in a journal	Go someplace new

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Go to a thrift store	Write in a journal	Pray	Exercise	Take a walk
Make a keto friendly dessert	Decorate a journal	FREE	Listen to music	Call someone
Listen to a podcast	Take a ride	Watch a movie	Go someplace new	Turn off phone for an afternoon
Practice drawing icons	Read a book	Visit family	Watch a TED Talk	Help a friend

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