B	I	N	G	O
Watch an uplifting movie	Call someone	Help a friend	Take a walk	Practice drawing icons
Go someplace new	Turn off phone for an afternoon	Read a book	Decorate a journal	Take a ride
Take deep breaths	Write a letter	**FREE**	Exercise	Make a dessert
Memorize a Scripture verse	Take deep breaths	Play a game with family	Listen to music	Pray
Listen to a podcast	Go out to lunch	Spend 1 hour outside	Write in a journal	Go to a thrift store

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B	I	N	G	O
Write a letter	Decorate a journal	Take a walk	Go someplace new	Read a book
Help a friend	Write in a journal	Practice drawing icons	Go out to lunch	Take a ride
Memorize a Scripture verse	Exercise	**FREE**	Make a dessert	Call someone
Listen to music	Spend 1 hour outside	Watch an uplifting movie	Go to a thrift store	Take deep breaths
Play a game with family	Pray	Take deep breaths	Turn off phone for an afternoon	Listen to a podcast

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B	I	N	G	O
Go out to lunch	Spend 1 hour outside	Decorate a journal	Pray	Exercise
Watch an uplifting movie	Memorize a Scripture verse	Play a game with family	Turn off phone for an afternoon	Practice drawing icons
Take deep breaths	Go to a thrift store	**FREE**	Take deep breaths	Listen to music
Write a letter	Take a ride	Take a walk	Write in a journal	Help a friend
Make a dessert	Call someone	Read a book	Go someplace new	Listen to a podcast

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