

B	I	N	G	O
Watch an uplifting movie	Call someone	Learn a new song(sing or piano)	Take a walk	Practice drawing icons
Go to a thrift store	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 someplace new	Spend 1 hour outside	Write in a journal	Help a friend

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Write a letter	Decorate a journal	Take a walk	Go to a thrift store	Read a book
Learn a new song(sing or piano)	Write in a journal	Practice drawing icons	Go someplace new	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	Help a friend	Take deep breaths
Play a game with family	Pray	Take deep breaths	Turn off phone for an afternoon	Listen to a podcast

B	I	N	G	O
Go someplace new	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	Help a friend	FREE	Take deep breaths	Listen to music
Write a letter	Take a ride	Take a walk	Write in a journal	Learn a new song(sing or piano)
Make a dessert	Call someone	Read a book	Go to a thrift store	Listen to a podcast