THRIVE Solutions B I N G O

Talk about someone you admire	Declutter a closet or room	I am happiest when I...	Share a happy event in your life	Name something you are great at
Go for a 10-minute walk (PIC)	Talk about 3 things you are grateful for	Set a NEW Boundary	Get a massage or a salon treatment	Share a characteristic you admire in yourself
Share the greatest compliment you have ever received	Watch a SUNRISE or SUNSET	FREE SPACE for THRIVERS	Give a compliment to somebody in the group	Meditate(Any length of time - Just do it!)
Mimic an activity you are good at	Share something you would like to do and haven´t yet	Name a personal accomplishment that made you proud	I feel good about myself when...	Say something positive about yourself
I feel best when people...	Give a compliment to the person on your left	Share a characteristic you admire in others	What do I like about who I am	I am good at

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I am happiest when I...	What do I like about who I am	Name something you are great at	Give a compliment to the person on your left	Share a characteristic you admire in yourself
Mimic an activity you are good at	Give a compliment to somebody in the group	FREE SPACE for THRIVERS	Meditate(Any length of time - Just do it!)	Declutter a closet or room
I feel good about myself when...	Share a characteristic you admire in others	Talk about someone you admire	I am good at	Share something you would like to do and haven´t yet
Name a personal accomplishment that made you proud	Say something positive about yourself	Share the greatest compliment you have ever received	Talk about 3 things you are grateful for	I feel best when people...

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