B	I	N	G	O
Took a shower	Act of kindness	Eat a vegetable	Slept for 7-9 hours	Practiced gratitude
Drank water instead of coffee	Stretched	Relaxed	Ate a healthy snack	Spiritual practice
Worked on a goal	Called a friend	Read a book or magazine	Meditated for 5 minutes	Colored
Perform a random act of kindness	Spent time with a friend	Practiced a skill	Set a new goal	Spent time with friends
Listen to the radio	Exercised	Practiced mindfulness	Chair yoga	Wrote a letter

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B	I	N	G	O
Wrote a letter	Drank water instead of coffee	Worked on a goal	Called a friend	Slept for 7-9 hours
Relaxed	Drew a picture	Ate a healthy snack	Took a shower	Practiced gratitude
Colored	Perform a random act of kindness	Eat a vegetable	Read a book or magazine	Meditated for 5 minutes
Act of kindness	Exercised	Set a new goal	Stretched	Spent time with friends
Practiced a skill	Chair yoga	Practiced mindfulness	Spiritual practice	Listen to the radio

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B	I	N	G	O
Worked on a goal	Drew a picture	Slept for 7-9 hours	Spent time with a friend	Spiritual practice
Wrote a letter	Practiced gratitude	Called a friend	Set a new goal	Ate a healthy snack
Perform a random act of kindness	Eat a vegetable	Meditated for 5 minutes	Practiced mindfulness	Colored
Act of kindness	Took a shower	Stretched	Read a book or magazine	Practiced a skill
Spent time with friends	Exercised	Chair yoga	Relaxed	Drank water instead of coffee

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