

B	I	N	G	O
Turn off all screens for 2 hours	Accomplish a task you've been putting off	Get rid of distractions	Sleep well	Schedule relaxation time
Don't stress about the small details	Try something new	Set reminders	Be realistic about what you can accomplish each day	Take a vacation day
Use your calendar	Create a daily plan or weekly plan	FREE	Make time to prepare before hand	Order takeout from your favorite restaurant
Take a photo of something beautiful	Schedule breaks between tasks	Sit outside and read a book or magazine	Go for a walk with a friend	Schedule rewards
Do a little bit each day	Take a 10-Minute stretch break	Enjoy one of your favorite meals	Write 10 things down your grateful for	Figure out when you're most efficient

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Make time to prepare before hand	Accomplish a task you've been putting off	FREE	Go for a walk with a friend	Sit outside and read a book or magazine
Figure out when you're most efficient	Turn off all screens for 2 hours	Enjoy one of your favorite meals	Take a photo of something beautiful	Do a little bit each day
Schedule relaxation time	Make a to-do list	Take a vacation day	Set reminders	Try something new

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Sit outside and read a book or magazine	Be realistic about what you can accomplish each day	FREE	Make time to prepare before hand	Get rid of distractions
Make a to-do list	Schedule relaxation time	Do a little bit each day	Accomplish a task you've been putting off	Turn off all screens for 2 hours
Try something new	Set reminders	Order takeout from your favorite restaurant	Schedule rewards	Enjoy one of your favorite meals