

B	I	N	G	O
Turn off all screens for 2 hours	Accomplish a task you've been putting off	Don't stress about the small details	Sit outside and read a book or magazine	Plan ahead
Declutter three things from your office	Try something new	Schedule relaxation time	Be realistic about what you can accomplish each day	Take a photo of something beautiful
Use your calendar	Be realistic about what you can accomplish each day	Take/Schedule a vacation day	Schedule breaks between tasks	Go for a walk with a friend
Create a daily plan/weekly plan	Make a to-do list	Sleep well	Make time to prepare before hand	Set reminders
Take a 10-Minute stretch break	Figure out when you're most efficient	Enjoy one of your favorite meals	Schedule a reward	Come up with a meal plan for the week

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Schedule breaks between tasks	Plan ahead	Be realistic about what you can accomplish each day	Take a photo of something beautiful	Come up with a meal plan for the week
Sleep well	Go for a walk with a friend	Make a to-do list	Try something new	Be realistic about what you can accomplish each day
Use your calendar	Sit outside and read a book or magazine	Take/Schedule a vacation day	Schedule a reward	Declutter three things from your office
Don't stress about the small details	Schedule relaxation time	Take a 10-Minute stretch break	Create a daily plan/weekly plan	Set reminders
Accomplish a task you've been putting off	Turn off all screens for 2 hours	Write five things you're grateful for	Do a little bit each day	Enjoy one of your favorite meals

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Schedule breaks between tasks	Declutter three things from your office	Set reminders	Do a little bit each day	Be realistic about what you can accomplish each day
Accomplish a task you've been putting off	Write five things you're grateful for	Don't stress about the small details	Use your calendar	Create a daily plan/weekly plan
Try something new	Take a 10-Minute stretch break	Take/Schedule a vacation day	Make time to prepare before hand	Sit outside and read a book or magazine
Come up with a meal plan for the week	Schedule a reward	Make a to-do list	Go for a walk with a friend	Be realistic about what you can accomplish each day
Take a photo of something beautiful	Plan ahead	Enjoy one of your favorite meals	Schedule relaxation time	Turn off all screens for 2 hours