

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	Schedule a reward
Create a daily plan/weekly plan	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	Go for a walk with a friend	Make a to-do list
Take a 10-Minute stretch break	Make time to prepare before hand	Set reminders	Enjoy one of your favorite meals	Schedule breaks between tasks
Come up with a meal plan for the week	Sleep well	Declutter three things from your office	Write five things you're grateful for	Do a little bit each day

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Go for a walk with a friend	Accomplish a task you've been putting off	Take/Schedule a vacation day	Enjoy one of your favorite meals	Set reminders
Do a little bit each day	Turn off all screens for 2 hours	Declutter three things from your office	Take a 10-Minute stretch break	Come up with a meal plan for the week
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Set reminders	Be realistic about what you can accomplish each day	Take/Schedule a vacation day	Go for a walk with a friend	Don't stress about the small details
Figure out when you're most efficient	Schedule a reward	Come up with a meal plan for the week	Accomplish a task you've been putting off	Turn off all screens for 2 hours
Try something new	Schedule relaxation time	Make a to-do list	Schedule breaks between tasks	Declutter three things from your office