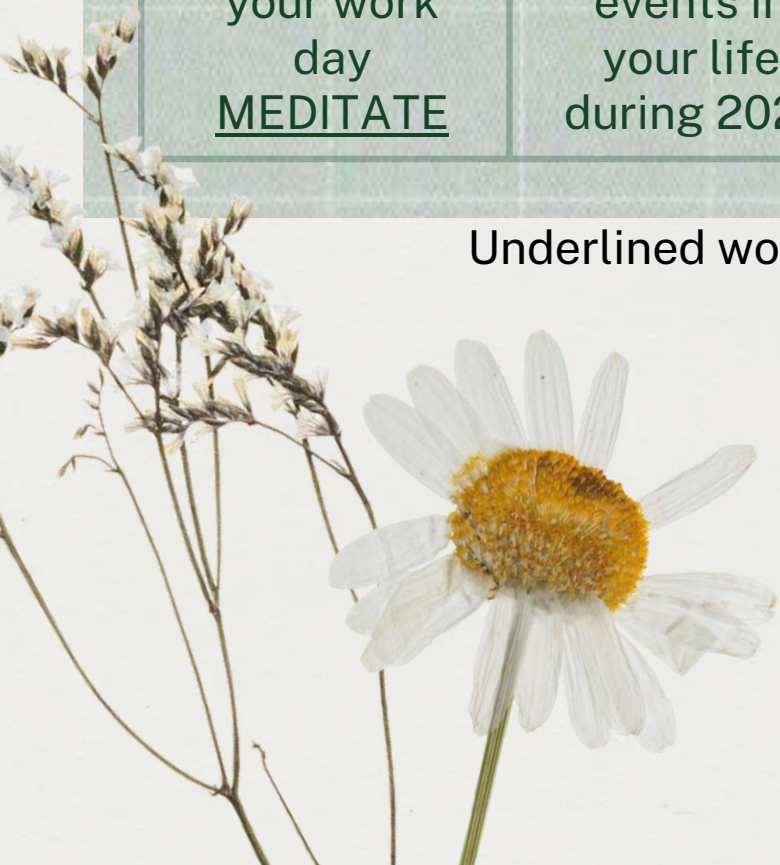


Work through the bingo card throughout the month. You can complete this for fun at home with your family! Print off the blank template page and write down a short description of the task completed for that square.

Morning Gratitude: write down 5 things you are grateful for	Make your favorite breakfast and really enjoy the flavors	Complete a 15 minute stretch <u>STRETCH</u>	Complete 10 rounds of box breathing <u>BREATHE</u>	Take an afternoon off work to do something you love
Take a bath, spice it up using bathbombs or bubble bath & candles	Morning Yoga - try this routine when you first wake up <u>YOGA</u>	Evening Reflection: Write down 5 great things that happened today	Create a vision board <u>VISION BOARD</u>	Meditation Take 10 minutes of your day to sit and relax
Read a book, or listen to an audio book	Write down 5 goals you want to achieve by the end of 2022	FREE	Go on a nature walk and tune into the beauty around you	Print and color in a <u>PICTURE</u>
Call someone you haven't chatted with in a while	Complete a random act of kindness and write it down	Choose a mantra and repeat it every hour today <u>MANTRA</u>	Book a massage and get pampered	1 day social media free
5 minute Meditation to break up your work day <u>MEDITATE</u>	Write a list of all the positive events in your life during 2021	Clean out your closet and give away old clothes	Make a new meal using healthy ingredients <u>HEALTHY</u>	Play with a furry friend & watch cute videos <u>CUTE</u>

Underlined words are links to online videos or resources





		FREE		

