

WEEKLY BINGO

TRY TO CROSS OFF EACH ITEM EVERY WEEK!

START THE DAY WITH GRATITUDE	CALL AND CHECK IN ON ONE FRIEND	CALL AND CHECK IN ON ONE FRIEND	COOK A HEALTHY MEAL	LISTEN TO YOUR FAVORITE PLAYLIST
CLEAN YOUR ROOM	MEDITATE	DRINK WATER!	GO ON A WALK	TAKE A PHONE BREAK
LEARN ONE NEW THING	WATCH A NEW MOVIE	TAKE A DEEP BREATH	GET OUTSIDE	LIGHT A CANDLE
FOCUS ON YOUR TOP PRIORITY FOR THE WEEK	ORGANIZE ONE THING	READ A CHAPTER OF A BOOK	TAKE A LONG SHOWER	TAKE A PHONE BREAK
LISTEN TO A PODCAST	GIVE A FRIEND A COMPLIMENT	WORKOUT	GO TO SLEEP EARLY	WRITE DOWN YOUR FEELINGS



YOU CAN'T POUR FROM AN EMPTY CUP.