

Try to get bingo every week.

<b>GO TO SLEEP EARLY</b>	<b>WORK OUT</b>	<b>VIRTUAL HAPPY HOUR</b>	<b>WATCH A MOVIE</b>	<b>MEDITATE</b>
<b>TAKE A BATH</b>	<b>TURN OFF YOUR TECH</b>	<b>LIGHT SOME CANDLES</b>	<b>TAKE A COFFEE BREAK</b>	<b>EAT WELL</b>
<b>PHONE A FRIEND</b>	<b>SPEND SOME TIME OUTDOORS</b>	<b>IT'S UP TO YOU</b>	<b>READ A NEW BOOK</b>	<b>PLAY YOUR FAVORITE SONG ON REPEAT</b>
<b>WRITE DOWN YOUR FEELINGS</b>	<b>GO FOR A WALK</b>	<b>MAKE A GRATITUDE LIST</b>	<b>WRITE A LETTER</b>	<b>TAKE A NAP</b>
<b>FOCUS ON ONE THING</b>	<b>TRY SOME ESSENTIAL OILS</b>	<b>DECLUTTER</b>	<b>LISTEN TO A PODCAST</b>	<b>TREAT YOURSELF</b>

You deserve a break.