

MINDFULNESS BINGO

Wake up 10
mins earlier
than your
alarm

Breathe
deeply 3 times

Listen to a
podcast

Speak
honestly

Exercise at
least 30 mins

Sit in silence
for 5 mins

Do something
creative

Set a daily
goal

Tell someone
how much you
care

Image your
happy place &
go there in
your
imagination

Take a break
from
technology
for 1 hour

Listen to music

FREE
SPACE

Write down
your thoughts

Take a walk
and notice 5
things

Tell 2 people,
thank you

Write someone
a postcard

Pause
between your
thoughts &
actions

Smile

Notice
something
with all 5 of
your senses

Do one thing
at a time

Tell someone
a joke & belly
laugh

Notice your
thoughts

Declutter
your space

Get a good
night's sleep