

WELLNESS BINGO

JANUARY 2021 EDITION



Recognized &
Challenged
your
negative
THOUGHTS

LAUGHED
Today

Ate
VEGETABLES
for a snack

Did
something
out of your
**COMFORT
ZONE**
*(Or tried something
NEW)*

Practiced
GRATITUDE

Asked
someone how
you could
make their
DAY EASIER

STOOD UP
at least
once every
hour while
working

Got a
**GOOD
NIGHT'S
SLEEP**

ORGANIZED
Something
*(Your work files,
a drawer, the
fridge- anything!)*

Drank
WATER
with every
meal

Turned off
**SOCIAL MEDIA
or THE NEWS**
for a whole
day

Enjoyed
doing
something
CREATIVE

DID
SOMETHING
TO PRACTICE
SELF CARE
FREE SPACE

Applied the
**5 MINUTE
RULE**
*(If it takes less than
5 minutes to
complete- just do it!)*

Tried a
sugar detox
FOR A DAY
*(check the labels,
sugar is sneaky!)*

**TREATED
YO' SELF!**

Completed a
task from
**YOUR
TO-DO LIST**
you've put off
for a while

Took a
**WALK or
RUN**
during a
break

Did some
STRETCHES
for 10
minutes

**CHECKED
IN ON**
a friend or
family member

Spent 30
minutes
OUTSIDE

Gave
someone a
COMPLIMENT
today

Wrote down
some **GOALS**
*(Big/small,
long/short term,
today/this week-
writing things down
increases the likelihood
they will happen!)*

Tried a new
**HEALTHY
RECIPE**

**READ OR
LISTENED**
to a book

TURN IN YOUR BINGO BY WEDNESDAY, JANUARY 27TH

➡ Lfach@pathwaycfc.org for your chance to win! ⬅