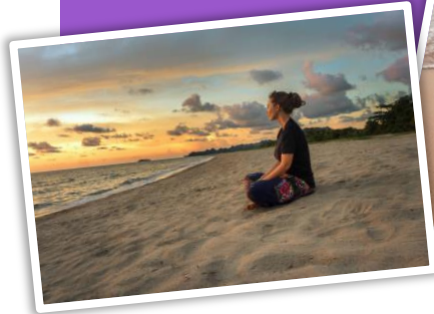


# Mindfulness Bingo

Express Yourself



Wake up early	Meditate	Feel the water while showering	Tell someone how you truly feel	Eat mindful
Do something kind for a stranger	Listen mindfully	Practice affirmations	Love something about yourself	Set a goal
Walk mindfully	Listen to music	Do a bodyscan	Write down what you're grateful for	Take a break from technology
Give yourself a compliment	Make a list of things that went well today	Take a powernap	Fully take in your environment	Journal about how you feel
Clean your home	Write down your thoughts	Accept your thoughts	Live in the moment	Get a good night's sleep