



Wellness



BINGO

Journal and brainstorm about your dream career/job	Hangout with friends or family	Learn a new skill this month	Meditate
Talk to someone about a struggle you have	Read a new book	Do a self check-in	Attend a local event
Go on a vacation or weekend trip	Leave work on time everyday this week	Go for an outdoor walk this week	Do the New York Times Mini Crossword today
Have dinner with your family	Workout 3 days this week	Pray	Have a meaningful conversation with a coworker this week

