



Wellness Bingo

Play the New York Times Connections today	Stretch for 10 minutes every day this week	Tan today	Research a topic that interests you	Go to a concert
Play a board game with family or friends	Write for 20 minutes today	Attend a workshop	Read 10 pages every day this week	Take this month to learn a new hobby
Clean up/organize your space	Write down 3 things you love about your job	F R E E	Do a 5 minute meditation	Go for a podcast walk
Ask for feedback at work	Do a creative hobby like painting or drawing today	Having an engaging conversation	Read a news article about a current event	Go to a workout class
Cook a meal at home for yourself	Collaborate with someone for a work or school project this month	Brush your teeth and floss twice every day this week	Play a board game or card game	Introduce yourself to someone this month

