



WELLNESS *Binga*

GET 8 HOURS OF SLEEP	GIVE YOURSELF A COMPLIMENT	CLEAN OUT YOUR CLOSET	GET TOGETHER WITH FRIENDS	MAKE A LIST OF YOUR STRENGTHS
DRAFT A PASSION PROJECT TO WORK ON THIS MONTH	TAKE A BREAK TODAY	ASK SOMEONE FOR HELP WITH SOMETHING THIS MONTH	CHALLENGE YOUR NEGATIVE THOUGHTS	JOURNAL FOR 20 MINUTES TODAY
READ AN EDUCATIONAL ARTICLE ABOUT A TOPIC THAT INTERESTS YOU	GO TO A COMMUNITY OR LOCAL EVENT	<i>Free</i>	READ A NON-FICTION BOOK THIS MONTH	SET A FITNESS-RELATED GOAL
DO SOMETHING FUN THIS MONTH	WRITE A THANK YOU LETTER TO YOUR BODY	WALK OR CARPOOL SOMEWHERE THIS MONTH	START A NEW HOBBY THIS MONTH	BUY A NEW BOOK
BUY A NEW CLOTHING ITEM	EXERCISE WITH A FRIEND OR FAMILY MEMBER	HAVE A MEANINGFUL CONVERSATION WITH A LOVED ONE	GO FOR A RUN	GIVE A STRANGER A COMPLIMENT

EVERYTHING EUDAIMONIA

