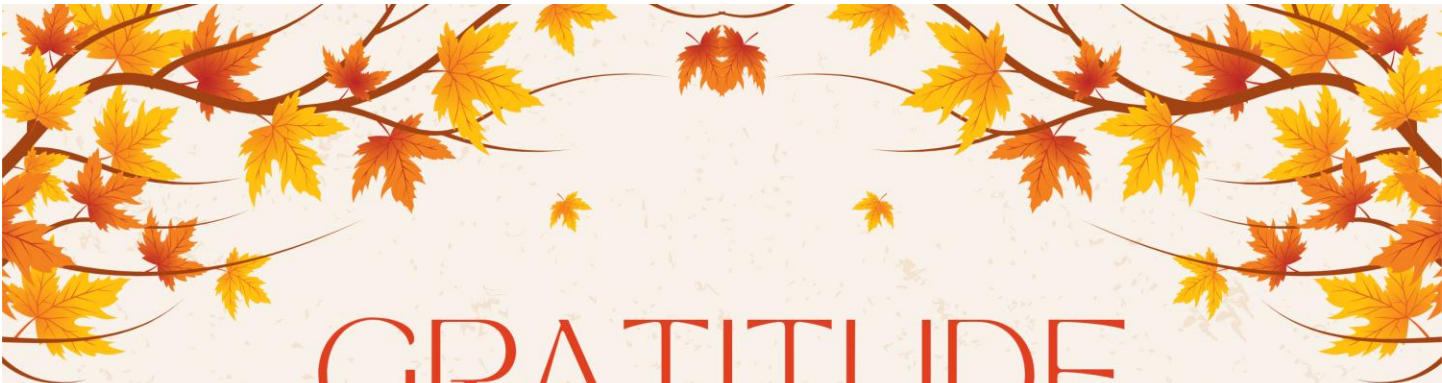




GRATITUDE

BINGO

Make someone smile	Write 3 things you like about your job	Thank someone who has helped you	Write 3 things you're thankful for this week	Compliment a stranger
Help someone in need	Random act of kindness for a coworker	Hold doors all day	Refrain from negativity all day	Write what you're excited about this week
Catch up with a neighbor	Write one goal for next year	FREE SPACE	Deep breathing for 5 minutes	Check in on a friend
Write 3 things you're good at	Practice self care	Write 3 things you take for granted	Try stretching for 5 minutes	Write a note to someone you care about
Write about a time you were grateful	Take a picture of something beautiful	Write about someone who inspires you	Spend time outside in nature	Spend time with loved ones