

Bingo

		<i>free</i>		

Directions: Start by identifying what you genuinely love and enjoy. In each box, jot down an activity or item that brings you happiness, whether it's as simple as taking a bath or as specific as the next baking recipe you're excited to try or a book you're looking forward to reading.

This isn't a task-oriented bingo; it's designed to help you recall joy-filled activities throughout the month, promoting a healthy work-life balance. However, if you're interested, you can create a task-oriented bingo separately.

Whenever you're feeling overwhelmed, refer to this bingo. It serves as a ready-made list of activities that can uplift your mood. You've prepared this in advance, so simply pick the next activity from your list and indulge in it.