



SPARK JOY BINGO

Try a new recipe	Drink an extra glass of water	Take a yoga class (in person or virtual)	Take a nap	Journal
Go on a 30 minute walk	Practice mindfulness	Do something kind for someone else	Clean out a drawer	Color a picture
Garden	Try a new hobby		Call someone you haven't talked to in a long time	Eat an extra cup of fruit
Set 5 goals	Plan a trip	Spend time with someone who makes you laugh	Volunteer	Take a warm bath
Snuggle with a loved one or pet	Eat an extra cup of vegetables	Donate to a charity	Hike a new trail	Buy flowers