



BINGO

Listens to music	Keeps a journal, diary or blog	Plays a musical instrument	Makes "to do" lists	Reads
Eats breakfast	Enjoys baking or cooking	Plays video games	Likes to laugh and does so a lot	Has a pet
Spends time outside	Talks to family or friends about problems	FREE	Enjoys Nature	Sleeps 8-10 hours each night
Goes for a walk or bike ride	Volunteers or helps others	Plays a sport	Daydreams	Does yoga, Pilates or dance
Enjoys going for a drive	Breaks large projects down into small tasks	Works out at a gym/at home	Skis, skateboards or snowboards	Watched a movie

Find someone who regularly participates in one of these activities. Ask him/her to sign his/her name in the appropriate box.

Find a different person for each activity until you complete a row.