

GREEN SHOE Bingo

physical care	emotional care	mental care	spiritual care	nutrition
exercise outside walk/bike at the lake	start a gratitude journal	read for pleasure	make time self + daily reflection	avoid sugary beverages today
get eight hours of sleep	do something loving for yourself	get creative, art , draw, woodwork, decorate, music	do something of service for others	eat five fruits/veg today
walk/run/bike at the park	say aloud a positive affirmation 5x in the morning/eve	 FREE SPACE	mediate pray	hydrate with plenty of H2O
complete a fitness video	discover things that make you laugh	engage in your intellect in a new area: art, music, crossword, sports	be open to not knowing	eat regularly healthy every four hours
build/fix something, yard work, community impact	spend time with people you enjoy	resist procastinating	listen to calming music	make your family a meal