

NAME (First & Last)

Department:

BINGO

ENGAGE IN A SPIRITUAL PRATICE	BUILD A SNOWMAN	PRACTICE YOGA	SEND A THANK YOU NOTE	GO FOR A WALK WITH A FRIEND
READ A FINANCE RELATED ARTICLE	SHARE AN UPLIFTING STORY FROM THE HILL (ON THE BACK OF YOUR BINGO CARD)	PRACTICE A CALMING BREATHING PATTERN	MEET WITH A CO-WORKER TO <i>NOT</i> TALK ABOUT WORK	VOLUNTEER IN YOUR COMMUNITY
TRY A NEW FOOD	TAKE A 24 HOUR SOCIAL MEDIA BREAK	CROSS SOMETHING OFF OF YOUR TO DO LIST	DONATE TO YOUR FAVORITE CHARITY	ORGANIZE FOR TAX SEASON
PERFORM A RANDOM ACT OF KINDNESS	SPEND TIME IN NATURE	REVIEW YOUR BUDGET	DRINK 64OZ OF WATER IN A DAY	GO TO BED HALF AN HOUR EARLY
GIVE MEDITATION A TRY	CREATE OR UPDATE YOUR INDIVIDUAL DEVELOPMENT PLAN	READ A BOOK ON A FAVORITE TOPIC	GET A MASSAGE	ADD SOMETHING NEW TO YOUR FITNESS ROUTINE

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