

# Mindfulness BINGO

Wake up early	Breathe deeply	Eat deliberately	Speak honestly	Look softly
Relate kindly	Listen wholeheartedly	Set a daily intention	Love fully	Live purposefully
Walk slowly	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Pause between action	Get lost in the flow of doing what you love	Connect with your senses
Be in the moment	Think freely	Notice your thoughts	Declutter one space	Get a good night's sleep

Name:

Phone:

Email: