



# June Wellbeing Bingo

**How to play:** Tick off each action as you go, celebrate completing a line (or a full house) and notice how you feel along the way.

**What small action will you take today?**

BUILD YOUR CONFIDENCE				
List 3 strengths	Jot down what you did well today	Say hello to someone	Visualise looking confident	Accept a compliment
Try something new	Reflect on some positive feedback	Finish something you started	Say "I can learn this"	Write a "wins" list
Set yourself a challenge	Speak to yourself like a friend	Give yourself a pat on the back	Dress in something that feels good	Put a personal boundary in place
Smile at someone	Start a conversation	Take one assertive action	Ask a curious question	Try out a power pose
Recall a past success	Choose a positive affirmation	Make one clear decision	Tell yourself "I can, I will"	Celebrate your bingo success
Positive Thoughts   Positive Actions   Positive Interactions				