



INSPIRED TO CHANGE

GET better, COPE better, BE better

September 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?

FOCUS & RESET				
Share a goal with someone	Set a goal for the month	Visualise a successful month	Ask for support	Plan your week
Notice what's already working	Offer someone encouragement	Complete one unfinished task	Write down 3 of your strengths	Arrange a catch-up
Clear one clutter hotspot	Focus on one thing at a time	Have a meaningful conversation	Take the next step towards a goal	Reflect on recent progress
Celebrate someone else's success	Learn something new	Celebrate a small achievement	Ask someone about their goals	Create a simple routine
Remember a past success	Write tomorrow's priority	Ask someone for a fresh perspective	Break a task into smaller steps	Ask "What's my next best step?"
Positive Thoughts Positive Actions Positive Interactions				