INSPIRED TO CHANGE
GET better, COPE better, BE better

November 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?

GRATITUDE & PERSPECTIVE				
Revisit a happy memory	Take a mindful walk	Notice one thing you're grateful for	Make time for someone you value	Photograph something beautiful
Remember a time you overcame something	Give someone a genuine compliment	Do something kind for yourself	Notice how far you've come	List 3 things going well
Enjoy a favourite meal	Ask "What's good about today?"	Tell someone you appreciate them	Spend time in nature	Appreciate something about yourself
Plan a small step forward	Ask someone "what's been good?"	Listen to a favourite song	Ask someone what they're grateful for	Change one small routine
Think of something you're looking forward to	Do something you enjoy	Share something you're grateful for	Write a thank you message	Notice a small moment of joy
Positive Thoughts | Positive Actions | Positive Interactions				