



GRATITUDE BINGO

An opportunity to give back to yourself and others in the spirit of gratitude during this Thanksgiving season.

	B	I	N	G	O
	 Sidewalk chalk art/messages	 Try a new vegetable	 Send a thank you note	 Donate items you no longer need	 Follow CDC COVID-19 guidelines everyday
	 Send a message of gratitude to your friends, family or colleagues	 Start a gratitude journal	 Recycle items whenever possible	 Say HI to a stranger in passing	 Set a Vitality goal
	 Don't complain for a full day	 Read a feel good story/article/book	 Try a new recipe	 Let someone go in line in front of you	 Donate to your favorite charity
	 Do something you've never done before	 Pick up litter	 Let someone else take that primo parking spot.	 Thank a first responder	 Tell a friend what you love about their children.
	 Buy coffee for the person behind you in line.	 Read to a child	 Post a grateful social media message	 Complete 3 days of a 10 min meditation	 Put your phone away during a visit with a friend or loved one