

Small Changes Bingo

Collect evidence for at least FIVE boxes in a row - photos, signature, receipt, video, etc. as evidence.

Look up a positive quote that inspires you. Post it where you can see it.	Try a new physical activity.	Device free dinner.	Send a positive text message to someone you care about in your life.	Download a free meditation or fitness app.
Try a new vegetable.	Device free lunch.	Drink extra water.	Create art. On your own or participate in Mr. Russell's #creativequarantine on Instagram.	Cook a healthy meal with someone.
Floss your teeth.	Walk after dinner.	BONUS You choose Something that will enhance your health.	Write a handwritten Thank You to someone you appreciate.	Device free day.
Make your bed.	Watch a funny video that will make you laugh.	Spend time with your family.	Help someone.	Try a mindfulness technique.
Listen to your favorite music that will improve your mood.	Go to bed early.	List 5 things you are grateful for.	Help clean a room. Reduce clutter.	Write down 5 things you are good at.

