



# GRATITUDE BINGO

Complete EVERY square in the month of November and you will be entered to win a FREE gratitude journal.

NAME: \_\_\_\_\_

WRITE ABOUT SOMETHING THAT MADE YOU SMILE	THANK SOMEONE FOR A JOB WELL DONE	NAME AN AMAZING CHILDHOOD MEMORY	COMPLIMENT SOMEONE	PAY IT FORWARD
SEE THE GOOD IN SOMEONE ELSE	SEND A TEXT EXPRESSING GRATITUDE	WRITE A THANK YOU NOTE	DO A GOOD DEED	WHAT MADE YOU SMILE TODAY?
EXPRESS GRATITUDE FOR A TASTY MEAL	PERFORM A SHORT GRATITUDE MEDITATION	FREE	POST A MESSAGE OF THANKS ON SOCIAL MEDIA	TELL A FRIEND YOU APPRECIATE THEM
WHAT'S SOMETHING YOU LIKE ABOUT YOURSELF?	TELL SOMEONE WHY YOU ARE GRATEFUL FOR THEM	WHO HAS MADE A DIFFERENCE IN YOUR LIFE?	THANK SOMEONE FOR A JOB WELL DONE	WHAT'S SOMETHING GOOD YOU TAKE FOR GRANTED?
WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR	PERFORM A RANDOM ACT OF KINDNESS	WHAT GOOD DO YOU SEE IN YOURSELF?	WHAT DO YOU LOVE ABOUT THIS TIME OF YEAR?	COMPLIMENT A STRANGER

**TURN IN TO THE WELLNESS CENTER BY NOVEMBER 30, 2024**