



# GRATITUDE BINGO

Sent a note or email just to say, **THANK YOU!**

Reflect on 5 things you're **THANKFUL FOR**

Told someone what you **ADMIRE** about them

**SMILE** at a stranger **TODAY**

Started a Daily **GRATITUDE JOURNAL**

Asked someone how you could make their **DAY EASIER**

**CAUGHT UP** with a friend you used to see all the time

Told 5 people you hope they have a **GOOD WEEK**

Recognized & Challenged your negative **THOUGHTS**

Do something **HELPFUL** without being asked

**VOLUNTEER YOUR TIME**

Sent an **APPRECIATION GRAM**  
*\*Look it up! They're really punny*

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Practiced **GRATITUDE**  
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Gave a loved one some **POSITIVE AFFIRMATION**

Eat a favorite treat and practice **MINDFULNESS** to reflect on why you're grateful for it

**SHARE A MEAL** with friends or family

Asked a co-worker if you can help them **SOLVE A PROBLEM**

Gave **ENCOURAGEMENT** to someone who is working hard

Think of a memory you're **GRATEFUL FOR**

**CHECKED IN ON** a friend or family member

Do something **KIND** for someone **TODAY**

Give a **COMPLIMENT TODAY**

**PAY IT FORWARD!**

Told someone in the service industry **THANK YOU**

**DONATE** to a cause you're thankful for

*Regularly practicing gratitude has been shown to have lasting positive effects on your overall mental, physical, and emotional wellbeing!*