

# Gratitude Bingo

Take an opportunity to give back to yourself and others in the spirit of gratitude.

Send a message of gratitude to your friends, family or colleagues	Recycle items whenever possible	Try a new vegetable	Let someone go in line in front of you	Set a wellness goal
Create uplifting sidewalk chalk messages/art	Send a thank you note	Donate items you no longer need	Say "Hi!" to someone in passing	Try a new recipe
Journal your blessings	Pick up litter	SMILE	Thank a first responder, teacher or essential worker	Donate to your favorite charity
Post a grateful social media message	Check on a neighbor	Identify three things that have gone well for you and identify the cause	Acknowledge someone for a job well done	Perform a random act of kindness
Volunteer time or your talents	Read the Bible or feel good story/article/book	Start your day with a healthy habit, like a walk around the block or a moment of gratitude	Complete two minutes of deep breathing during your devotional time	Be an active listener