

MARCH WELLNESS CHALLENGE

MINDFULNESS Bingo

 List 5 things you are grateful for	 Drink more water	 Go on a walk	 Mindfully eat one meal	 Write in a journal
 Do a five minute meditation	 Set a daily intention	 Take ten deep breaths	 Declutter your phone	 Spend time in nature
 Do a body scan	 Make a tea		 Unplug for one hour	 Check-in with a friend
 Practice self- compassion	 Read a book	 Light a candle	 Do a ten minute meditation	 Express gratitude to loved ones
 Enjoy the view from your window	 Practice mindful listening	 Declutter one space	 Have a quiet morning	 Watch the sunset

INSTRUCTIONS:

CHECK-OFF MINDFULNESS CHALLENGES AS YOU COMPLETE THEM. EACH TIME YOU COMPLETE A BINGO LET WELLNESS KNOW BY EMAILING WELLNESS@WAYPOINTCENTRE.CA TO BE ENTERED INTO THE MONTHLY DRAW.
SEE HOW MANY YOU CAN GET!