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GO FOR A NATURE WALK LOOKING FOR SIGNS OF SPRING	TURN OFF THE NEWS TODAY	TAKE YOUR VITAMINS	PRACTICE SAYING THANKS BE TO GOD EVERYDAY	LISTEN TO A RADIO SHOW OR PODCAST THAT MAKES YOU LAUGH
GO TO GRATEFULNESS.ORG AND LIGHT A CANDLE OR SEND AN E-CARD	CALL TWO FRIENDS	LEAVE A THANK YOU NOTE FOR THE MAIL CARRIER	INTENTIONALLY SET THREE TIMES A DAY TO STOP AND PRAY	CONSCIOUSLY AVOID CONVERSATION THAT IS DESTRUCTIVE OF OTHERS
USE THE GOOD DISHES	WATCH A FAVORITE MOVIE OR CLASSIC TV PROGRAM	DO WHATEVER YOU WANT	GO TO MONTEREYBAY AQUARIUM.ORG AND WATCH THE LIVE CAM OF JELLIES AND OTTERS	ENJOY HIGH OR AFTERNOON TEA AT 3PM - WHAT'S THE DIFFERENCE? THE CHAIRS :-)
READ A POEM AND THEN SHARE WITH A FRIEND	PRINT AN ADULT COLORING PAGE AND COLOR FOR AT LEAST AN HOUR	START OR RETURN TO A GRATEFUL JOURNAL	LISTEN TO BIRDS SING OR GO TO SAVETHE REDWOODS.ORG AND ENJOY A MINUTE OF CALM IN THE REDWOODS.	CARE FOR A PLANT
WRITE A NOTE TO A FRIEND	READ PSALM 84	DONATE TO FOOD BANK OR YOUR FAVORITE CHARITY ONLINE OR WRITE A CHECK	EMAIL OR TEXT A FRIEND SHARING YOUR FAVORITE BOOK OR MOVIE	USE YOUR BEST LOTIONS AND CREAMS