

Happiness Bingo

Pick an activity each day to help you reconnect with the feelings of happiness. Mark a square when you complete the corresponding activity. Aim to complete a row, column, or diagonal to achieve "bingo."

Enjoy a cup of coffee or tea	Go for a drive someplace that makes your smile	Watch a comedy that makes you laugh	Call or video chat a friend	Practice deep breathing for 5 minutes
Try a new hobby that makes you curious	Write down 3 things you're grateful for	Send a text to someone you care about	Take a walk in nature	Listen to your favorite music
Do a random act of kindness	Take a break from technology		Volunteer	Read a book that brings you joy
Prepare a delicious meal	Reflect on a recent accomplishment	Practice a hobby you love	Write down some goals & how to achieve them	Try a new recipe
Wake up without the alarm clock	Plan a doable trip	Offer forgiveness to yourself	Forgive someone else	Have a solo dance party to some lively music

Share your progress and experiences with a picture on social media using #HappinessBingo and #NavigatingWidowhood