

"I Love Myself"

SUSTAINABILITY BINGO

Building Connection to Community & Self

Note: There are no FREE spaces as building connection takes work.

BE BOLD.		BE BRAVE.		BE YOU.
Put your phone away a 1/2 hour earlier EVERY NIGHT for 1 week.	JOURNAL:	Send someone a handwritten card telling them you love/miss/care about them.	Celebrate a #BossLady. Call attention to a woman of color for all they do and who they are.	Give what you can to a local charity that MEANS SOMETHING to you. That doesn't have to mean \$. Maybe it's an hour of time or a shout out on social media.
Meditate 5 minutes a day, every day, for 1 week.	Say "NO" to something you really don't want to do. If you already said "YES," then cancel.	JOURNAL: Write a letter to your past self. Forgive yourself and let go of that resentment.	Write a review for a small business or entrepreneur on Facebook, Google, or Yelp.	Support a local artist/creative in some way - a purchase, shout out, review, showing up to an event, etc.
Learn your love language. Bonus , learn a loved one's love language. http://www.5lovelanguages.com/profile/	Make something. Create Something. ANYTHING. Just create.	Make a change. Order something different from a standby restaurant, coffee shop, etc. Try a new style. Take a different route to work.	JOURNAL: Assess your current relationships. How are they serving you? Are you getting what you need/want/deserve? If not, what needs to change?	Get clear on your values! Do a values assessment and identify the top 3 values you want to focus on.
JOURNAL: Find a TedTalk that inspires you or sounds interesting. Watch it and journal about the impact it has on you and what you can do with the knowledge.	Meet someone new. Yes, talk to a stranger. Ask them how they are doing and ACTUALLY listen.	Move your body. Feel it. Connect to it. What is it telling you?	Tell someone you don't see every day that you love them AND WHY!	Make a change. Ditch the plastic. Recycling is great but let's REDUCE. Buy reusable sandwich bags. Stop using disposable silverware or buying ANY plastic bottles.
Do 1 thing that scares you.	Create a morning routine or ritual and put it into action.	Make a phone or coffee date with someone you have not seen in awhile	Take a 24 hour break from ALL social media	JOURNAL: What is one thing you have been holding on to that is no longer serving you (resentment, FOMO, anger)? What steps can you take to let that go?