

# BINGO

- 2024 Goal setting Edition -

|                              |   |                               |                                       |
|------------------------------|---|-------------------------------|---------------------------------------|
|                              | ATTEND<br>ONE<br>JOURNAL<br>CLUB<br>SESSION |                               |                                       |
|                              |   |                               | WRITE AND<br>SHARE ONE<br>AFFIRMATION |
| HAVE ONE<br>SELF<br>CARE DAY |   |                               |                                       |
|                              |   | CREATE A<br>GRATITUDE<br>LIST |                                       |