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Was helpful to another quilter this week	Shared a recipe with a friend	Have one clean flat surface in your quilting room	Have taken a wee walk outside this week	Have used my stitch ripper this week :)
Try one new vegetable	Don't spend any money for one day	Take a nap	Sort a fabric pile	Mindfully eat a treat
Say "No thank-you" to something that tries to cross your personal boundaries	Have done some stretches this week	FREE SPACE	Get a good nights sleep	Watch something on tv/computer that makes you laugh
Took time to enjoy some sunshine	Do an exercise you enjoy	Have two clean flat surfaces in your quilting room	Meditate, or just breath (paying attention to breaths in and out)	Called a friend just to chat
Go one day Caffeine free	Made a recipe you haven't made in a while	Read a few pages in a book	Take a relaxing bath or shower	Clean your catch all drawer (junk drawer) in your quilting room