



Xmas Bingo

Your brain's wired to spot negatives first - it's trying to keep you safe! Help it notice the good stuff & you'll start to rewire it for positivity. Go hunt for festive joy - first to 5 in a row wins!

Client gift: chocolates	Client with xmas earrings	Perfect blood smear on the first try!	Tinsel up in reception	Client wishes you happy Xmas
Pet wearing Xmas accessory	Witness beautiful human-pet moment	Xmas socks spotted	Pet with festive name	Spicy cat blood sample success!
Someone mentions Love Actually	Client says Thank You (FYI, they are <i>truly</i> grateful)	Someone says "see you next year!"	Fairy Tale of New York on the radio	Client card: wildlife picture
Team member in Xmas outfit	Bandage still on at POC!	Client gift: something homemade	Rep delivering Xmas treats	Witness debate: Is Die Hard is an xmas movie?
Client in an Xmas Jumper	Mariah Carey on the radio	Belly laugh with a colleague	GA goes smoothly (<i>always</i> worth celebrating!)	Client gift: mince pies

Positivity in Practice is here to help you build quick, powerful habits that fit seamlessly into your routine so change feels natural, not like extra work.

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