

May I be Mindful

# Mindfulness Bingo

Wake up with gratitude	Breathe deeply	Eat deliberately	Speak honestly, but kindly	Take a break from technology
Notice the entire space you're in	Listen wholeheartedly	Set a daily intention	Go outside and listen	Bring all of your attention into your hands
Walk slowly	Listen to music	Your choice	Write your thoughts down	Take a breath before speaking
Show appreciation	Take time each day to reflect	Stop and listen to a song from start to finish	Get lost in the flow of doing what you love	Connect with your senses
Be in the moment	Think freely	Notice your thoughts	Declutter one space	Get a good night's sleep