

ORIGINAL

THE VIBRANT LIFE BINGO



INSTRUCTIONS:

Dive into a fun-fueled quest for more kicks and giggles and good vibes!

Check off one line in a week for the Challenge Edition

Go for gold and fill the whole board in a month for Full Bingo glory!

Rope in your peeps to join the merrymaking

Show off your triumphs with #MyVibrantLifeBingo, and let's all celebrate together!

SEND A KIND TEXT
TO SOMEONE

READ A SCRIPTURE
AND WRITE DOWN
ONE INSIGHT

TAKE A 10-MINUTE
WALK OUTSIDE

COMPLIMENT A
STRANGER

LISTEN TO AN
UPLIFTING
PODCAST EPISODE

DO A 5-MINUTE
STRETCH
&
BREATHING
BREAK

WRITE DOWN
10
THINGS YOU'RE
GRATEFUL FOR

SPEND TIME
WITH A
FAMILY MEMBER

DRINK A
FULL GLASS OF
WATER MINDFULLY

CHOOSE A
WORD
OF THE WEEK
TO LIVE BY

FINISH A
PAGE FROM A
COLORING BOOK

SAY A PRAYER OF
ONLY GRATITUDE
WITHOUT ASKING
FOR ANYTHING

JOURNAL A
"STORY WORTHY"
MOMENT FROM
TODAY

SEND A VOICE
MESSAGE INSTEAD
OF A TEXT TO
SOMEONE YOU
CARE ABOUT

DO SOMETHING
KIND
FOR YOURSELF

PUT YOUR PHONE
DOWN FOR AT
LEAST 2 HOURS

WRITE A POEM OR
DRAW A PICTURE

SHARE A
FAVORITE QUOTE
ON SOCIAL MEDIA

SMILE AT
YOURSELF IN
THE MIRROR
FOR AT LEAST
60 SECONDS

DO ONE CHORE
WITH MUSIC
BLASTING

CALL SOMEONE
YOU LOVE

WRITE DOWN A
SMALL GOAL FOR
THIS WEEK
AND CRUSH IT

DO A
VIBRANT CHECK-IN:
HOW'S MY
BODY?
MIND?
SPIRIT?

DO A
HAPPY DANCE
BEFORE YOU LEAVE
THE HOUSE

WRITE A
THANK YOU
NOTE TO SOMEONE



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JUMP IN A PILE OF LEAVES OR STOMP THROUGH CRUNCHY LEAVES	TAKE A PHOTO OF A BEAUTIFUL AUTUMN TREE	MAKE A DIY FALL CRAFT ANYTHING GOES IF IT MAKES YOU HAPPY	DRINK A WARM APPLE CIDER OR HOT CHOCOLATE MINDFULLY	WRITE A SHORT LETTER TO SOMEONE THANKING THEM
TRY A NEW FALL - INSPIRED RECIPE	CARVE OR DECORATE A PUMPKIN	LIGHT A CANDLE AND SPEND 5 MIN REFLECTING ON GRATITUDE	CREATE YOUR OWN AUTUMN SOUNDTRACK PLAYLIST	GO ON A LEAF - RUBBING ADVENTURE WITH PAPER AND CRAYONS
DONATE GENTLY USED CLOTHING OR HOUSEHOLD ITEMS	SAY A PRAYER OF ONLY GRATITUDE WITHOUT ASKING FOR ANYTHING	TRY A MINI MEDITATION IMAGINING YOURSELF AS A LEAF FLOATING IN THE WIND WHAT DO YOU SEE?	VISIT A LOCAL ORCHARD, PUMPKIN PATCH, OR FALL MARKET	NAME YOUR PERSONAL HARVEST LIST 3 THINGS YOU'VE "GROWN" THIS YEAR
TAKE A COZY REST WITH A BLANKET AND A FAVORITE BOOK	SHARE A FAVORITE FALL MEMORY WITH SOMEONE AND ASK FOR THEIRS	TAKE A MINDFUL WALK AND NOTICE ALL THE TEXTURES OF FALL (CRUNCHY LEAVES, COOL AIR)	WRITE A LOVE LETTER TO AUTUMN THANK THE SEASON FOR WHAT IT BRINGS	WATCH A FAVORITE AUTUMN-THEMED MOVIE
GIFT - WRAP A SMALL FALL TREAT AND DELIVER IT SECRETLY	JOURNAL ABOUT A SEASON OF CHANGE IN YOUR LIFE AND WHAT IT TAUGHT YOU	GAZE AT THE STARS ON A CRISP FALL NIGHT	END YOUR DAY BY JOURNALING ONE GOLDEN MOMENT THAT MADE THIS AUTUMN DAY SPECIAL	MAKE A LIST OF 3 THINGS TO LET GO OF LIKE FALLING LEAVES



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NAME YOUR PERSONAL GUIDING STAR FOR THE SEASON: A WORD, SCRIPTURE, OR VALUE	WRITE DOWN WHAT YOU WANT TO "FREEZE" AND KEEP FOREVER FROM THIS YEAR	READ ONE VERSE OR QUOTE ABOUT PEACE AND SIT WITH IT	HAVE A PAJAMA DAY AND DO COZY THINGS ALL DAY LONG	START A WINTER WONDER LIST: TINY MAGICAL THINGS YOU NOTICE
BAKE OR BUY SOMETHING THAT SMELLS LIKE WINTER (CINNAMON, PINE, PEPPERMINT)	SEND A YOU MADE MY YEAR BRIGHTER MESSAGE TO A FRIEND	DRAW A DOODLE IN THE CONDENSATION OF A WINDOW	WRITE 10 "SNOWFLAKE TRUTHS" THINGS THAT MAKE YOU UNIQUE	CELEBRATE YOUR INNER GLOW: LIGHT A CANDLE, AND MEDITATE ON HOW YOU SHINE TOO
WRITE DOWN ONE THING YOU'RE READY TO "MELT AWAY" AS THE NEW YEAR APPROACHES	BUILD A BLANKET FORT AND WATCH A WINTER MOVIE INSIDE IT	PRETEND YOU'RE IN A SNOW GLOBE: WHAT SCENE ARE YOU IN? REALLY VISUALIZE IT	BUILD A SNOWMAN OR ICE SCULPTURE USE HOUSEHOLD ITEMS IF THERE'S NO SNOW	SEND A WINTER CHEER MESSAGE TO SOMEONE UNEXPECTEDLY
DO ONE ACT OF KINDNESS SECRETLY LIKE A WINTER ELF	PRETEND TO ICE SKATE ON YOUR KITCHEN FLOOR WITH SOCKS ON	BRING A PLATE OF HOLIDAY TREATS TO SOMEONE NOT EXPECTING IT	SAY A SHORT PRAYER FOR SOMEONE ELSE'S HAPPINESS	FIND A HOUSE WITH COOL HOLIDAY LIGHTS AND SNAP A PHOTO OF IT
RECORD A VOICE MEMO TELLING A FUNNY WINTER STORY FROM CHILDHOOD AND SHARE IT	MAKE A GRATITUDE LIST OF PEOPLE WHO'VE SUPPORTED YOU THIS YEAR	DO A COCOA TASTE TEST WITH FRIENDS TRY SEVERAL VARIATIONS AND RATE THEM	STEP OUTSIDE FOR 2 MINUTES AND TAKE MINDFUL DEEP BREATHS OF COLD, CRISP WINTER AIR	TAKE A NIGHTTIME WALK AND NOTICE WHAT GLOWS



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TAKE A WALK AND
NOTICE FLOWERS
BLOOMING

HOST A
SPRING-THEMED
CRAFT WITH A
LOVED ONE

STEP OUTSIDE
WITH A FRIEND OR
SOLO, TAKE A DEEP
BREATH,
AND CHEER
HELLO SPRING!

PLANT SOMETHING:
FLOWERS,
HOUSEPLANTS, A
TREE ETC

PLAY AN OUTDOOR
GAME LIKE FRISBEE,
CATCH, OR TAG

LIST 3 HABITS OR
PROJECTS YOU
WANT TO "PLANT"
THIS SPRING AND
MAKE A PLAN

RECORD ONE
LESSON FROM
NATURE EACH DAY
FOR A WEEK AND
REFLECT ON IT

TAKE A 10 MIN
SELF-APPRECIATION
BREAK TO NOTICE
ALL YOU'VE
ACCOMPLISHED
RECENTLY

BUILD A MINI
SCULPTURE FROM
NATURAL
MATERIALS

MAKE A WISH
ON A WHITE FLUFFY
DANDELION

COLOR
EASTER EGGS

GO ON A PICNIC
WITH FRIENDS

TAKE A GROUNDING
BAREFOOT WALK
ON GRASS OR DIRT
AND HUG SOME
TREES ALONG THE
WAY

TAKE 15 MIN TO
BRAINSTORM
WAYS TO BRING
JOY AND
CREATIVITY INTO
YOUR DAILY LIFE

INVITE A FRIEND TO
GO FOR A WALK
AND SHARE YOUR
FAVORITE SPRING
MEMORY

PICK A RANDOM
FLOWER AND TELL
IT YOUR DEEPEST
SECRET

DECORATE A ROCK
WITH A POSITIVE
MESSAGE AND HIDE
IT SOMEWHERE
PUBLIC

ASK SOMEONE FOR
SOMETHING THAT
SCARES YOU
SLIGHTLY TO GROW
SOCIAL COURAGE

FLY A KITE

GIVE SOMEONE
A SMALL BOUQUET
OF FLOWERS

TAKE A
SPRING SELFIE
IN YOUR FAVORITE
COLORFUL OUTFIT

FIND A PATCH OF
SUNLIGHT
AND SIT IN IT FOR
30+ MINUTES

TRY A 5-MINUTE
MEDITATION
IMAGINING
YOURSELF
GROWING LIKE A
TREE OR FLOWER

LAY OUTSIDE AND
WATCH THE
CLOUDS
BY YOURSELF OR
WITH A LOVED ONE

JOURNAL ABOUT
WHAT'S
"SPROUTING" IN
YOUR LIFE



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WRITE A LETTER
TO YOURSELF FOR
NEXT SUMMER

STARGAZE
AND MAKE UP FAKE
CONSTELLATIONS

MAKE A
SUMMER PLAYLIST
AND BLAST IT
IN THE CAR

WATCH THE
SUNRISE BONUS
POINTS IF IT'S
WHILE YOU'RE IN
NATURE

JOURNAL OUTSIDE
WHILE SIPPING
SOMETHING COLD

LIGHT SPARKLERS
AND WRITE YOUR
NAME IN THE AIR

HAND OUT
FREEZE-POPS
AT THE PARK

MAKE FRIENDSHIP
BRACELETS

HAVE A
SUNSHINE
VISIT DAY
VISIT 3 PEOPLE
LONELY, ELDERLY,
OR FRIENDS

HAVE A BONFIRE
AND ROAST
MARSHMELLOWS

SIT OUTSIDE
DURING THE
GOLDEN HOUR
AND JUST LISTEN

INVITE SOMEONE
NEW OVER FOR A
BBQ OR PICNIC

TAKE A PRAYER
WALK AT SUNSET
AND REFLECT AS
THE LIGHT FADES
THAT GOD'S LIGHT
NEVER DOES

WRITE A
SUMMER HAIKU
AND SHARE
IT ON
SOCIAL MEDIA

GO FOR A
WALK IN THE
RAIN

MAKE A SUMMER
SURVIVAL KIT:
SUNSCREEN,
BUG SPRAY,
WATER BOTTLE
& GIFT IT TO
SOMEONE

HAVE A BACKYARD
MOVIE NIGHT

HAVE A
BOARD GAME
NIGHT OUTDOORS
WITH FAIRY LIGHTS

SELECT A SUMMER
WORD & LET IT
SHOW IN YOUR
CHOICES,
CONVERSATIONS,
EVEN YOUR
WARDROBE

WRITE AND MAIL A
POSTCARD
EVEN IF YOU'RE
NOT TRAVELING
ANYWHERE

ENJOY THE
SWINGS ON A
PLAYGROUND LIKE
YOU'RE FIVE AGAIN

SKIP ROCKS
ON A BIG
BODY OF WATER

SIT UNDER A TREE
AND READ WITH
SNACKS

TAKE A FRIEND TO
THE TEMPLE OR A
SPIRITUAL SITE

HAVE A
SCREEN-FREE
SATURDAY



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DO 20 MIN OF
EXERCISE
TO MUSIC THAT
MAKES
YOU SMILE

COOK A MEAL
FROM SCRATCH
USING ONLY FRESH
INGREDIENTS

WALK
SOMEWHERE
YOU NORMALLY
DRIVE

MEMORIZE
A SHORT UPLIFTING
QUOTE OR
SCRIPTURE

SWITCH THE HAND
YOU NORMALLY
USE FOR BRUSHING
YOUR HAIR/TEETH
FOR A WEEK

HIT PLAY ON A
BRAIN-BOOSTING
PODCAST

JOURNAL ABOUT
5 THINGS THAT
MADE YOU LAUGH
IN THE PAST YEAR

SIT IN THE
SUNSHINE FOR 10
MINUTES A DAY
FOR A WEEK

CALL OR TEXT A
FRIEND JUST TO
CHECK IN

WRITE DOWN ONE
WORRY AND ONE
ACTIONABLE STEP
TO ADDRESS IT
DO IT

PRACTICE SAYING
"NO" TO THINGS
THAT DRAIN
YOUR ENERGY

TAKE THE STAIRS
INSTEAD OF THE
ELEVATOR EVERY
CHANCE YOU GET

NAME 5 POSITIVE
QUALITIES ABOUT
YOURSELF WHILE
SMILING IN
THE MIRROR

GO SWIMMING

DRINK 8 GLASSES
OF WATER
EVERYDAY FOR A
WEEK
HYDRATE LIKE A
CHAMPION

DANCE FOR 5
MINUTES LIKE
NOBODY'S
WATCHING

GO TO BED 30
MINUTES EARLIER
THAN USUAL
FOR 7 NIGHTS

STRETCH & SHINE
START EACH
MORNING WITH
10 MIN OF
STRETCHING
FOR 7 DAYS

HOLD A PLANK
WHILE
BRAINSTORMING
ONE FUN IDEA
FOR THE DAY

STRETCH LIKE
A CAT EVERY HOUR
AND GET YOUR
MOBILITY BACK

TRY A NEW
VEGETABLE

FROLIC BAREFOOT
IN THE GRASS

DO A
VISUALIZATION
EXERCISE
IMAGINING YOUR
HEALTHIEST SELF

WALK
50 - 100 STEPS
BACKWARDS
SAFELY EVERY
DAY FOR A WEEK

READ A
PERSONAL
DEVELOPMENT
BOOK