

GOODHUMANBINGO

Complete a row of squares (vertical, horizontal, or diagonal)
or go crazy and fill up the entire sheet!

Take deep breaths while driving & try to be patient	Leave yourself enough time so you don't feel rushed	Remember that everyone is dealing with something	Get a relaxing massage to unwind & destress	Let someone in front of you while driving
Offer to help a stranger in need	Play your fave tunes while driving to help boost your mood	Burn some essential oils to get relaxed	Acknowledge the good in your day by writing it down	Listen to some relaxing music if you're stressed out
Let someone in front of you in line	Offer to return cart for someone at the store	Smile  at strangers	End your phone call while in line at the cash	Do yoga, relaxing exercises, or meditate to calm your mind
Buy a coffee for a stranger in line behind you	Wear an elastic on your wrist to remind you to be more patient	Take your earphones off when shopping	Wake up 15 minutes earlier to give yourself more time	Leave some encouragement cards in public places
Say "please" and "thank you" always	Look up from your phone & engage	Hold the door open for a stranger	Give up your seat on a crowded bus to someone who needs it	Take deep breaths while driving & try to be patient

#goodhumanexperiment



Do Good Stuff ♥ Get Happier ♥ Change the World.