

HOLIDAYGOODHUMANBINGO

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

WEEK 2: Practicing Patience

| | | | | |
|---|--|---|--|--|
| 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 |

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