

Name: _____

Live Healthy Live Well

Please return to bohlen.19@osu.edu or
fax to 740-376-7435

Gather Your Gratitude

B	I	N	G	O
Send a text to a loved one you haven't spoken with in a while	Think of a way to make gratitude a part of your holiday traditions	Give a compliment to a stranger	Donate gently used items to a local thrift shop	Leave a happy message for your family or a close friend to find
Complete a small act of kindness	Celebrate a "small win" that happened in your day	Be a role model to a child in your life by displaying thankfulness	Reflect on something that made you smile today	Plan a special day for someone you appreciate
Pass along an item you no longer use	Enjoy a healthy meal. Savor the different flavors you taste	FREE SPACE	Write a thank you note to someone you appreciate	Rephrase the day – what do you GET to do, rather than HAVE to do?
Use your senses. Concentrate on those sensations while you take 5 deep breaths	Spend active time with a child in your life.	Spend 5 minutes reflecting on positive memories	Take a walk with a friend	Pay it forward
Mentally thank someone who helped you this week	Send an email to a coworker letting them know that you appreciate their work	Aim to spend 30 minutes exercising today	Donate your time or money to a local charity	Take a picture of something that gives you peace