

# GRATITUDE EDITION

# BINGO

RANDOM ACT  
OF KINDNESS

THANK 5  
PEOPLE  
TODAY

TOOK TIME  
TO REFLECT

HELP A  
COWORKER  
ON A TASK

SEND A  
GRATITUDE  
EMAIL

THINK OF 3  
THINGS YOU  
ARE  
GRATEFUL  
FOR

GRATEFUL  
FOR  
LEARNING  
FROM  
OTHERS

POST A  
GRATEFUL  
QUOTE ON  
SOCIAL  
MEDIA

COMPLIMENT  
SOMEONE

GRATEFUL  
FOR SAYING  
NO

SEND A  
GRATITUDE  
EMAIL

GRATEFUL  
FOR YOUR  
FAMILY



FIND THE  
GOOD IN  
TODAY

FIND THE  
GOOD IN A  
DIFFICULT  
SITUATION

COMPLIMENT  
SOMEONE

RANDOM ACT  
OF KINDNESS

GRATEFUL  
FOR  
NATURE/  
OUTDOORS

THANK 3  
PEOPLE  
TODAY

TOOK TIME  
TO REFLECT

FIND THE  
GOOD IN A  
DIFFICULT  
SITUATION

THINK OF 4  
THINGS YOU  
LIKE ABOUT  
YOURSELF

THINK OF 3  
THINGS YOU  
ARE  
GRATEFUL  
FOR

GRATEFUL  
FOR YOUR  
JOB

FIND THE  
GOOD IN  
TODAY