



# NEW YEAR RESET MICRO-WELLNESS

# BINGO

3 DEEP BREATHES BEFORE A MEAL	DRINK WATER BEFORE COFFEE	DANCE FOR ONE SONG	LAUGH OUT LOUD	SHOULDER ROLL BREAK DURING TRAVEL
	2-MIN STRETCH BREAK	STAND IN THE SUNLIGHT	TAKE A QUIET PAUSE	WALK FOR 5-MINS
EAT SOMETHING GREEN	SAY NO ONCE	YOU'RE ALREADY DOING ENOUGH	SHAKE OUT TENSION FOR 30 SECS	GET 8 HRS OF SLEEP
WRITE ONE GRATITUDE NOTE	GO TECH FREE FOR 15 MINS	PAUSE. NOTICE SOMETHING SOFT	STRETCH YOUR HIPS	BREATHE & DO 1 SLOW EXHALE
HUG SOMEONE	HUM F OR 15 SECONDS		READ A BOOK	GIVE YOURSELF A HIGH FIVE IN MIRROR

COMPLETE 2 SQUARES PER DAY.  
COMPLETE A ROW TO QUALIFY FOR 10% OFF OUR STORE