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Mini Challenge

Holiday Reset BINGO

The holidays can be magical—but they can also be overwhelming, overbooked, and over-hyped. Each square features a gentle, meaningful action to help you pause, realign, and restore during the busy season.

Complete five in a row—across, down, or diagonally to win or go for blackout BINGO and reset your whole month!

B	I	N	G	O
Say No Kindly	Light a Candle and Do Nothing	Compliment Yourself Out Loud	Go Outside, Even for 5 Minutes	Create a Cozy Corner or Ritual
Savor a Favorite Snack or Drink	Take a Nap or Lie Down Guilt-Free	Skip the Late-Night Scroll	Do One Thing Slowly and Mindfully	Let Something Be Imperfect
Stretch or Move Gently	Declutter One Small Area	Free ★ Space	Spend Time Off-Screen with Someone	Unplug for One Hour
Journal About Your Holiday Bucket List	Wrap Presents Without Any Screens	Make a Cozy Beverage Bar	Cross One Thing Off Your To-Do List	Swap Holiday Stories with Family, Friends or Coworkers
Zero-Stress Dinner (Cereal, Leftovers or Takeout)	Write Down Something That Brought Comfort or Delight	Do Something Restorative	Cancel One Thing	Eat Seasonal Produce