|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B** | **I** | **N** | **G** | **O** |
| **Got enough sleep**  **last night** | **Enjoyed guilt-free alone time / set up boundaries with family** | **Cooked a new meal recipe with my spouse and/or children** | **Made time for reading (an article, a blog,**  **a book…)** | **Listened to**  **a cool podcast** |
| **Wore an outfit I love** | **Challenged negative thoughts, replaced with positive thoughts** | **Drank water!** | **Turned off all screens and devices 2 hours before bedtime** | **Video-chatted**  **with a friend** |
| **Worked out / used**  **the exercise equipment**  **in the house** | **Used a new**  **coping skill / strategy** | **Beat Heart Failure: Why heart failure is not the end of the world ...** | **(Christian)**  **meditation** | **Watched a “how-to” YouTube video and learned something new** |
| **Went for a 30 minute walk/spent time in nature** | **Treated myself (did my nails, a facial, bought a favourite snack…)** | **Ate healthy**  **snacks today** | **Made a**  **gratitude list** | **Checked in on an elderly family member / friend** |
| **Danced!** | **Sat with my feelings,**  **able to name them** | **Did not eat**  **after 8 p.m.** | **Practiced**  **self-compassion** | **Watched my**  **favourite movie** |
| **Planted a garden** | **Cuddled with my pet** | **Made a cup of tea** | **Laughed** | **Gave my family members positive affirmations / compliments** |