



MUNDO WELLNESS *Binga*

LEARNED A NEW SKILL	ATTENDED A CULTURAL EVENT	CAUGHT UP WITH FRIENDS	TOOK A STRETCH BREAK	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	ENJOYED A HEALTHY MEAL	WROTE IN A JOURNAL	REDUCED/REUSED /RECYCLED
VOLUNTEERED WITH AN ORGANIZATION	PRACTICED MINDFULNESS	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	CREATED SOMETHING NEW
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	PRACTICED GRATITUDE	CREATED A BUDGET	DROPPED A BAD HABIT
CALLED MY PARENTS/LOVED ONES	TOOK A WALK IN NATURE	DECLUTTERED MY SPACE	READ A BOOK FOR LEISURE	JOINED A STUDY GROUP

