



Mindfulness Bingo

<input type="checkbox"/> Morning Gratitude: write down 5 things you are grateful for.	<input type="checkbox"/> Eat a meal with your non-dominant hand to be mindful while eating.	<input type="checkbox"/> Complete a 15 minute stretch break - LIVOptimal	<input type="checkbox"/> Complete 10 rounds of box breathing <u>BREATHE</u>	<input type="checkbox"/> Try out a guided Mindfulness Session on LIVOptimal.
<input type="checkbox"/> Write down one thing you can currently notice from each of your 5 senses.	<input type="checkbox"/> Try a LIVZen (Yoga) Class to relax your body and Mind.	<input type="checkbox"/> Evening Reflection: Write down 5 great things that happened today	<input type="checkbox"/> Create a vision board <u>VISION BOARD</u>	<input type="checkbox"/> Guided Mindfulness session on Visualization.
<input type="checkbox"/> Complete a DIY craft project ex. <u>ROPE BASKETS</u>	<input type="checkbox"/> Write down 5 goals you want to achieve by the end of 2023	<input type="checkbox"/> FREE	<input type="checkbox"/> Go on an outdoor walk - at least 2km!	<input type="checkbox"/> Complete a workout and focus on visualizing your muscles contracting.
<input type="checkbox"/> Head into LIVOptimal and watch Move into Mindfulness	<input type="checkbox"/> Complete a random act of kindness. (No expectations of completing this!)	<input type="checkbox"/> Complete a puzzle of your choice and reflect on that experience!	<input type="checkbox"/> Book a massage and get pampered	<input type="checkbox"/> 1 day social media free
<input type="checkbox"/> Read a book, cover to cover. (Complete this over the course of the month)	<input type="checkbox"/> Spring Cleaning! Reorganize a room in your home!	<input type="checkbox"/> Try aromatherapy (adding a scented oil and water into a diffuser)	<input type="checkbox"/> Make a new meal using healthy ingredients <u>HEALTHY</u>	<input type="checkbox"/> Use a " <u>Pomodoro Timer</u> " and practice timed periods of focus and rest

Complete as many mindful tasks as you can over the course of the month. Check the boxes as you complete each task. Complete the full bingo card and email it back to hsbcfitness@epicinvestmentservices.com to be entered to win a gift card.

On Demand Videos for Guided Mindfulness, Stretch and Move into Mindfulness can be found on **LIVOptimal** - our Virtual Fitness Centre. [If you have not registered for Optimal - Sign up here for Free.](#)

Once You are Registered - [Click Here to Access the On Demand Library.](#)