

March 2022

# SIMPLIFYING BINGO

<b>Delete old apps.</b>	Write a list of what you value and where you want to prioritize your time.	Simplify your morning routine when going to the office by packing your bag the night before.	<b>Create and maintain a boundary.</b>	<b>Make space for rest in your day.</b>
<b>Reduce time spent on social media.</b>	<b>Restock your house with essentials.</b>	<b>Reflect on activities that feel draining.</b>	<b>Begin your day with an intention.</b>	Make a list of which stressors in your life you have control of.
One day plan all meals around items you already have in your fridge or freezer.	<b>Declutter your email inbox.</b>		<b>Pick one big task per week to tackle.</b>	<b>Declutter 5 items in a specific space.</b>
<b>Allocate time in your day for activities that provide joy.</b>	<b>Create a manageable night time routine.</b>	<b>Simplify your meals through meal planning or prepping food.</b>	Before you leave work, create a short list of 3-5 items you will attend to the next day.	<b>Donate unused items.</b>
<b>Set an intention for the week.</b>	<b>Clean and organize your office desk.</b>	<b>Reduce time spent on an activity that feels draining.</b>	<b>Reflect on what provides joy in your life.</b>	<b>Schedule time for a coffee chat with a loved one.</b>