



Magic Makers: A Burnout Busting Bingo

Challenge yourself to completing one square each workday.
Can you "blackout" by the end of the month?

Enjoy A Cup Of Tea	Light A Candle	Contact A Friend	Make a To Do List	Google Some Inspiring Photos
Ask For Help	Get More Sleep	Schedule "No Appointment" Time	Wear Clothes That Make You Feel Great	Soak In A Hot Bath
Practice Saying No	Write Out A Gratitude List	Go To A Park or Cafe For An Uninterrupted Lunch	Track Your Achievements	Go For A Walk
Listen to A Favorite Song	Take A Break	Write Out Support Thoughts Or Affirmations	Read A Novel	Daydream...