Having a hard time inserting mindfulness into your daily routine? Try Mindful Bingo!

You can use the Mindful Bingo sheet above or check out other examples on our Pinterest Board [1]. The game is simple. Every Monday pick a square on the bingo sheet to start with and practice what is written down. Over the next four days choose the squares that will make a horizontal, vertical, or diagonal line and perform each activity – one every day. You can use this same sheet 11 weeks in a row with different outcomes each time!

This is a fun and easy way to incorporate a mindfulness routine into your daily life. If you complete a row each week, find a way to reward yourself for getting a Bingo! Pick something that is in line with your own self-care and get creative with your rewards.

If you participate in Mindful Bingo, tag us on Instagram [2] and let us know how you’re rewarding yourself!

Mindful Bingo Sheet Credit: miss-mental.com [3]