

AVOIDANCE BINGO

There was a procrastinator, had a task...



How it works:

1. **Add five tasks** for each category in the vertical columns
2. **Cross out spaces with an "X"** as you complete each task
3. **Try to get five X's in a row** (horizontally, vertically, or diagonally), and BINGO!
4. **Continue earning bingos** until the board is blacked out

EXAMPLES

CLEANING

- Tidy bedroom (10 mins)
- Take out trash
- Fold + put away clothes
- Tidy living room (10 mins)
- Clean bathroom mirror
- Wipe counters
- Throw away old leftovers
- Organize the junk drawer
- Sift through clothes to donate

WORK

- Make prioritized to-do list
- Complete an exercise from this book
- Organize computer desktop
- Submit a timesheet
- File an expense report
- Schedule long-overdue meeting
- Update resume

HOME

- Find a new recipe + buy groceries
- Cook dinner at home
- Schedule a date night
- Research vacation spots

CONTACT

- Answer ten emails
- Delegate one task
- Schedule an appointment
- Pay a bill online
- Respond to three texts

SELF-CARE

- Take a bubble bath
- Go for a walk
- Watch funny cat videos
- Journal (5 mins)
- Meditate (5 mins)

B I N G O

CLEANING	WORK	HOME	CONTACT	SELF-CARE
Organize medicine cabinet	Try a new exercise from this book	Create a one-week meal plan	Schedule a long-overdue appointment	Meditate <i>(5 mins)</i>
Get rid of cardboard boxes	List out top three priorities for today	Restock household supplies	Delegate a task	Do something outside you enjoy <i>(15 mins)</i>
Wash bed linens	Declutter computer desktop		Reach out to an old friend	Complete a coloring page from this book
Clean up junk pile	Learn something new that makes your job easier	Throw away old leftovers	Answer an email you've been avoiding	Watch funny cat videos
Donate unwanted clothes	Make a decision you've been putting off	Pay a bill	Reply to three text messages	Journal <i>(5 mins)</i>

B I N G O

CLEANING	WORK	HOME	CONTACT	SELF-CARE
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Create your own categories:

