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

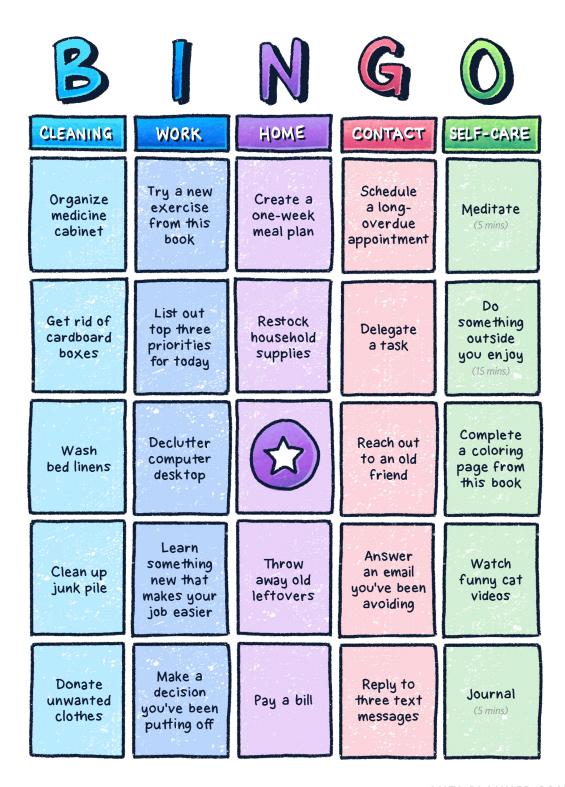
- Find a new recipe + buy groceries
- Cook dinner at home
- Schedule a date night
- Research vacation spots

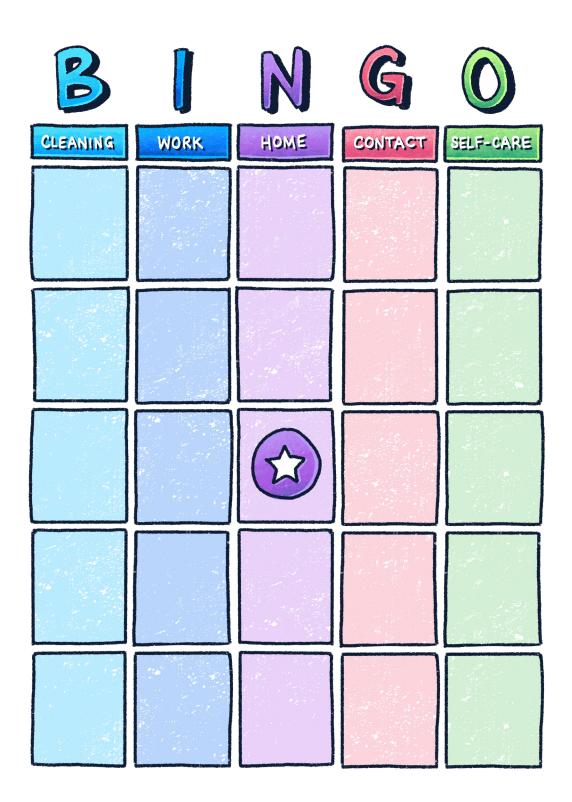
CONTACT

- 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)





Create your own categories:

