

Pause Every Day

Mind & Wellness Bingo

Go to a comedy show	Go to a cooking class	Read 5 books	Take my self on 5 solo dates	Attended an event at scissortail park
Attended an event at scissortail park	Tried a new work out on youtube	Play frisbee golf	Got 10,000 steps today	Go to Bingo
Tried a new recipe	Take my dog bluff creek	Turned 28 🎉	Attend a bungee fitness class	Played pickle ball with friends
Journal my feelings for the month at the end of each month	Took a mental health day	Attended an event at scissortail park	Go to a painting class	Attended a crochet class
Be in the moment	Do a sunset river cruise in bricktown	Participated in a 5K	Declutter one space	Go to an escape room