

Slow Life Bingo

made a cup of coffee and actually sat down to drink it	heard a bird and stopped to listen	watched clouds for more than a minute	said no to something without apologising	ate lunch away from your screen
wrote something just for yourself	chose rest without calling it lazy	noticed what the light was doing today	turned a notification off (just one is fine)	found something tiny doing its best
did one thing at a time, all the way through	sat outside for five minutes doing nothing at all	FREE you showed up, that's enough	read something simply because you wanted to	fed something wild - a bird, bee, hedgehog
noticed a scent you had forgotten you loved	laughed at something quietly, to yourself	found joy in something completely ordinary	watched something grow - a plant, a cloud, a puddle	wore your most comfortable outfit on a workday
walked somewhere with no destination in mind	let a thought finish before starting a new one	said "that's enough for today" and actually meant it	watched the sky change colour for a minute	had a second cup, slowly. Nobody is timing you

HOW TO PLAY

Print this out. Put it somewhere you will see it. Tick off a square whenever life slows down enough to notice. Five in a row - have a small treat. Full house - you are living extremely well

SHARE YOUR WINS

Found joy in something ordinary? Told your desk plant it was doing well? Share it with the tag #SlowLifeBingo wherever you feel like it

quiet fuel for work that cares

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