

2026 BINGO CARD

QUESTIONS TO HELP YOU SET 25 GOALS

What would I love to experience more of this year?

What small habits would help me feel more calm, nourished, or grounded?

How do I want to care for my body, mind, and spirit over the next year?

What relationships would I like to nurture or spend more time investing in?

What brings me joy, curiosity, or a sense of fun that I want to make space for?

What have I been gently longing to try, learn, or return to?

What would “rest” look like if I truly allowed it?

If this year were about progress, not perfection, what would feel good to aim
for?

REWARD IDEAS FOR PUNCH CARDS

15-minute coffee or tea break with a favorite treat

Buy a craft or art supply you've been wanting

Take a long bath or shower with candles

Treat yourself to a dessert or snack

Buy a new board game

Dinner out or take away

Buy new PJ's

Buy a new outfit

Buy a new book

Buy a pretty notebook/stationary

Buy yourself a gift

Pamper Session

Massage

Buy a new plant

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50 GOAL IDEAS

Faith & Spirit

- Spend 10 minutes in daily prayer or reflection
- Read one spiritual or uplifting book per month
- Memorise one scripture each week
- Attend a church service, meditation, or spiritual gathering once a month
- Journal your thoughts after each prayer or devotional
- Practice gratitude by writing three things you're thankful for each day
- Start a "faith jar" write inspiring quotes or verses, and add one weekly

Family & Relationships

- Plan one family outing or adventure each month
- Write a heartfelt letter or note to a loved one once a month
- Schedule a weekly tech-free family evening
- Call or video chat with a friend or family member you haven't spoken to in a while
- Organize a family game night or craft session
- Take a photo with your family every week to document memories
- Make a handmade gift for someone special

Creativity & Fun

- Try a new craft, recipe, or DIY project each month
- Keep a daily or weekly doodle, sketch, or journal entry
- Take a photo every week that captures something you love
- Experiment with painting, watercolors, or mixed media
- Create a mini scrapbook of your year so far
- Try making your own greeting cards or decorations
- Learn a simple hand lettering or calligraphy style
- Start a vision, prayer, or mood board for the year or each season
- Try a new creative class online or in person

Body & Health

- Go for a 15–20 minute walk 3 times a week
- Try a new physical activity or sport
- Drink more water, aim for 6–8 glasses daily
- Add one extra serving of vegetables or fruit each day
- Go to bed 30 minutes earlier three nights a week
- Stretch for 5–10 minutes daily
- Take a short mindfulness or breathing break when stressed

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Personal Growth & Mindset

- Dedicate one hour a week to “me time” or self-care
- Reflect at the end of each month on wins, lessons, and joys
- Read one personal growth or wellbeing book each month
- Try one new habit or routine each month
- Write a weekly affirmation and say it out loud each morning
- Spend one day without social media each month
- Learn a new skill or hobby you’ve been curious about
- Journal about your dreams and goals once a week
- Set one small challenge each month outside your comfort zone

Home & Environment

- Declutter one small area of your home each week
- Plant something new in your garden or on your balcony
- Create a cozy reading, craft, or reflection space
- Organize a drawer, cupboard, or shelf each month
- Make your bed every morning for a week
- Light a candle or incense daily

Joy & Fun

- Watch one uplifting or inspiring movie a month
- Have a picnic in the park or backyard
- Try a new recipe for breakfast, lunch, or dinner weekly
- Dance to your favorite music at least once a week
- Take yourself on a solo outing to your favorite café, shop, or gallery