

BINGO

2025

Write a letter to your future self about your journey and goals	Break a long-term goal into smaller, actionable step	Say "yes" to an opportunity that excites but scares you	Create a list of ideas for a passion project and pick one to start	Practice mindfulness for 10 minutes and reflect on how it made you feel
Have a screen-free hour before bed once a week at least	Research a topic you've always been curious about for 20 minutes	Spend 15 minutes journaling about what success means to you	Drink 8 glasses of water today	Write a thank-you note to someone who has impacted your life positively
Complete a free online course or tutorial on a skill you want to develop	Write a list of five habits you'd like to build over the next year		Commit to saying "I can" instead of "I can't" for an entire day	Create a vision board using an app or paper
Speak up in a group discussion or meeting	Attend a HerStory Masterclass and learn something new that you are passionate about 	Unfollow accounts on social media that don't inspire or uplift you	Read an interview with a successful woman and write one piece of advice that resonated with you	Write down three qualities you love about yourself
Organize your digital space (e.g., email or desktop)	Try a new healthy recipe	Make a playlist of songs that make you feel empowered	Do 15 minutes of yoga or stretching	Reach out to someone you admire and ask for advice or mentorship