

No Burnout Bingo is a great way to keep yourself and your friends sustainably involved in building movements for collective liberation. **When you win, we all win!**



# NO BURNOUT BINGO

1/2

CHANGE OF SCENERY	CONNECTION	CREATIVITY & REPLENISHMENT	JOY + FUN	REFLECTION
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 Took a short walk	 Asked a friend, "What brings you joy lately?"	 Wrote a NEW four-line story	 Listened to my fave album/song/record	 Journalled for 10 minutes
 Worked in a new space	 Spent 1:1 time with a family member	 Found conference to attend	 Watched fave TV show or movie	 Downloaded a meditation app
 Planned a trip	 Spent some time with young people	Got someone to play  <b>NO BURNOUT BINGO</b>	 Took a trip to a bookstore	 Centered myself
 Planned some time off	 Spent some time with elders	 Cooked a meal	 5 minute dance party!	 Listed 10 things that I long for
 Found an art or music show to go to	 Got a mentor/checked in with them	 Made a piece of art	 Made a craft/hobby date	 Engaged in spiritual practice

FEATURES 4  
DIFFICULTY  
LEVELS

- ★ Outside Corners
- ★ Horizontal or Vertical Line
- ★★ Diagonal Line
- ★★★★ Black Out

Go to [storybasedstrategy.org](http://storybasedstrategy.org) for more cards and information.



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 <p>Participated in direct action</p>	 <p>Said "No" to an invitation</p>	 <p>Made some music</p>	 <p>Did something a little scary</p>	 <p>Made an appointment with a therapist or healer</p>
 <p>Calendared off-screen time</p>	 <p>Surveyed my co-workers about sustainability</p>	 <p>Planted something</p>	 <p>Planned a game night</p>	 <p>Spent time noticing how my body feels</p>
 <p>Took a destinationless car/bus ride</p>	 <p>Spent time among animals</p>	<p>Got someone to play</p>  <p><b>NO BURNOUT BINGO</b></p>	 <p>Gave my body a treat today</p>	 <p>Asked for quick personal feedback</p>
 <p>Wrote down my latest dream</p>	 <p>Connected with the earth</p>	 <p>Took a trip to the craft store</p>	 <p>"Dressed up" for no reason</p>	 <p>Made a Gratitude List</p>
 <p>Spent time near water today</p>	 <p>Sent a "Thank You" card</p>	 <p>Did your favorite exercise or workout</p>	 <p>Did something that makes me feel alive</p>	 <p>Made a Joy List</p>

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**CHANGE OF SCENERY      CONNECTION      CREATIVITY & REPLENISHMENT      JOY + FUN      REFLECTION**

		<p>Got someone to play</p> <p><b>NO BURNOUT BINGO</b></p>		