

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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 <i>Took a short walk</i>	 <i>Asked a friend, "What brings you joy lately?"</i>	 <i>Wrote a NEW four-line story</i>	 <i>Listened to my fave album/song/ record</i>	 <i>Journaled for 10 minutes</i>
 <i>Worked in a new space</i>	 <i>Spent 1:1 time with a family member</i>	 <i>Found conference to attend</i>	 <i>Watched fave TV show or movie</i>	 <i>Downloaded a meditation app</i>
 <i>Planned a trip</i>	 <i>Spent some time with young people</i>	 <i>Got someone to play</i>	 <i>Took a trip to a bookstore</i>	 <i>Centered myself</i>
 <i>Planned some time off</i>	 <i>Spent some time with elders</i>	 <i>Cooked a meal</i>	 <i>5 minute dance party!</i>	 <i>Listed 10 things that I long for</i>
 <i>Found an art or music show to go to</i>	 <i>Got a mentor/checked in with them</i>	 <i>Made a piece of art</i>	 <i>Made a craft/ hobby date</i>	 <i>Engaged in spiritual practice</i>

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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CHANGE OF SCENERY	CONNECTION	CREATIVITY & REPLENISHMENT	JOY + FUN	REFLECTION
 <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>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>

**FEATURES 4 DIFFICULTY LEVELS**

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**CENTER FOR STORY-BASED STRATEGY**  
WHERE IMAGINATION BUILDS POWER

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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>		