

# Bingo Card Instructions

## 1. Choose your board size and rules

- Board size (5x5 is classic; 4x4 is more forgiving)
- Free space or no free space
- Can squares repeat or must each be one-time?

## 2. Brainstorm in categories (not individual squares yet)

Common categories:

-  Personal growth
-  Health & body
-  Creativity / hobbies
-  Learning
-  Relationships / community
-  Adventure / novelty
-  Life admin / stability
-  Money / career (if relevant)
-  Rest / joy

Aim for 5–8 categories. This keeps your board balanced.

## 3. Do a “brain dump” per category

Set a timer (5–10 minutes per category) and write everything that comes to mind.

Rules for this step:

- No judging
- No checking feasibility
- No worrying about bingo aesthetics

Prompts that help:

- “What have I always said I’d do someday?”
- “What did I enjoy in 2025 that I want more of?”
- “What scares me just a little?”
- “What would make future me proud?”
- “What would make 2026 feel lived?”

## 4. Turn ideas into bingo-friendly squares

Now refine. Good bingo squares are:

- Specific (clear yes/no completion)
- Actionable (you know how to do them)
- Sized right (not trivial, not overwhelming)

Examples:

- “Get healthier”
- “Cook 10 new meals”
- “Be more social”
- “Host a dinner or game night”

If an idea feels big, ask:

“What’s the smallest version of this that still counts?”

## 5. Mix difficulty and energy levels

A satisfying board has:

- Easy wins (momentum)
- Medium effort goals (core of the board)
- A few stretch squares (the exciting ones)

Try tagging each square:

- Easy
- Medium
- Stretch

Avoid a board full of .

## 6. Check for joy vs. obligation

For each square, ask:

- “Am I excited or heavy when I read this?”
- “Would I still want this even if no one knew?”
- “Does this feel like a want or a should?”

Remove or rewrite anything that feels like punishment.