

Bingo Card Instructions

1. Choose your board size and rules

- Board size (5×5 is classic; 4×4 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.