


Stay Afloat® – BINGO

Build Your Resilience!

CONNECT	DEVELOP	WORK	BALANCE	PIVOT
Reach out to a friend	Identify a new skill to develop	Push through to get a job done	Take a day off away from the computer	Accept the fact that life has changed
Attend an event to network with others	Take a class or watch a video to learn the skill	Reward yourself for completing a project	Go for a walk or run to get your steps in	Prepare yourself for a new journey
Send a thank you note to someone who helped you	Practice the skill a little (or a lot) daily	 Stay Afloat!	Reflect or meditate to be mindful today	Choose to be positive amidst change
Join a club or organization that aligns with your passion	Teach someone else some aspect of the skill	Ask for help if you need additional resources	Write down 5 things you are grateful for	Listen to your inner voice for guidance
Offer to help a friend or colleague with something	Write a blog post or article about your learning experience	Leverage your inner strength	Purge old items you no longer need	Go with the flow