

Momeopath® Wellness BINGO CARD

We hope this fun little game will encourage you to take a moment to focus on your own well-being during what can be a hectic time of year. You are an incredible mom, and I want you to feel loved and appreciated during this season. When things get overwhelming, remember to take a deep breath and focus on what truly matters. Enjoy your family, and don't sweat the small stuff!

After you get BINGO (or maybe after you get BLACK OUT!) you can click below and get your Prize! It's a special Christmas gift we made just for the momeopaths!

But don't you touch this button until AFTER you've gotten BINGO or Black Out!



BINGO

MOMEOPATH® BINGO INSTRUCTIONS

How to Play:

Print the card: Print and place on your fridge where you can be reminded to do some of the activities!

Gather Your Family (optional): Some (but not all) of these activities can be great to do with your loved ones! So let them join in on the fun!

Mark Your Card: As you complete each activity, mark it on your Bingo card. You can use a pen, marker, or even stickers.

Aim for Bingo: Try to get five in a row—horizontally, vertically, or diagonally. You can also be an over-achiever and aim for blackout!

Celebrate Your Wins: When you achieve Bingo, share your accomplishment with the group in our discussion area! If you're feeling festive, feel free to take a picture of yourself/family with your card and add it to your post! (Paola would loooooove to see your smiling face!)

Get your Christmas Gift: And of course, after getting BINGO, get your Momeopath-Only Christmas Gift at PaolaBrown.com/BingoGift

Enjoy the Season: Most importantly, have fun and embrace the joy of the season while connecting with your family!

Note: Activities can be completed anytime during the holiday season!

Momeopath® Wellness

B I N G O

Try a new herbal tea for relaxation	Take a 10-minute meditation/prayer break	Put this quote on the refrigerator PaolaBrown.com/Bingo6	Buy a homeopathy book you have been eyeing & don't feel guilty about it (<i>haha</i>)	Share a homeopathic tip with a friend
Drink lemon water in the morning	Create a self-care routine for the week	Spend 15 minutes in nature today	Make Paola's Calendula Recipe (<i>or order supplies to make it</i>) PaolaBrown.com/Bingo7	Read about a homeopathic remedy you've never used before
Make Paola's Favorite Cleaning recipe PaolaBrown.com/Bingo2	Listen to calming music for 10 minutes (<i>Paola still loves Enya - haha</i>)	Use a diffuser with essential oils for relaxation	Teach a child about a homeopathic remedy	Learn 3 MORE often forgotten homeopathic remedies PaolaBrown.com/Bingo3
Learn 3 often forgotten homeopathic remedies PaolaBrown.com/Bingo4	Do a 5-minute deep breathing exercise	Make Gina Conrad's Sun Water Recipe PaolaBrown.com/Bingo5	Spend screen-free time with your family	Write down 3 things you're grateful for today
Make a batch of immune-boosting soup PaolaBrown.com/Bingo8	Organize your natural remedy cabinet	Read the holistic health article Paola loved, " Braving the Cold "	Take a relaxing bath with Epson salts	Print this homeopathy bookmark and put it in your favorite book. PaolaBrown.com/Bingo1