



WITH
**Gretchen
Rubin**

PODCAST SUPER-FAN BINGO

<p>CHOSE A HAPPINESS 911 SONG</p>	<p>WENT ON A "ERRAND DATE" WITH SOMEONE</p>	<p>TRIED THE M-BERRY</p>	<p>STORED SOMETHING AT THE STORE</p>	<p>SET AN ALARM AS A BEDTIME REMINDER</p>
<p>STOPPED READING A BOOK YOU DIDN'T ENJOY</p>	<p>USED PACKING CUBES</p>	<p>USED A BANDOLIER OR UNIQLO VEST</p>	<p>CREATED A SEASONAL PHOTO GALLERY</p>	<p>PUT THE WORD "MEDITATION" AFTER A DULL ACTIVITY</p>
<p>MADE A WISH ON FLYING WISH PAPER</p>	<p>MADE A "TA-DA" LIST</p>	<p>Gretchen Rubin <i>(Free space)</i></p>	<p>SUBSCRIBED TO THE "5 THINGS" NEWSLETTER</p>	<p>CELEBRATED A MINOR HOLIDAY</p>
<p>USED OR LAUGHED AT THE THOUGHT OF A PED-EGG</p>	<p>WRITTEN YOUR WILL</p>	<p>MADE A "FACTS OF LIFE" BOOK</p>	<p>ASKED SOMEONE, "WHAT WOULD YOU DO, IF YOU WERE IN MY SITUATION?"</p>	<p>STARTED A "FAMILY UPDATE" BY EMAIL OR TEXT</p>
<p>BECAME A MINOR EXPERT IN SOMETHING</p>	<p>RATED, REVIEWED, AND RECOMMENDED THE HAPPIER PODCAST</p>	<p>USED THE FOUR TENDENCIES FRAMEWORK WITH FAMILY OR COWORKERS</p>	<p>ADDED "GARBAGE EVE" AS A REMINDER ON YOUR CALENDAR</p>	<p>USED THE ONE-MINUTE RULE</p>