

# January Reset Bingo Challenge

Returning to your routine and simplifying after the holiday season is a valuable opportunity to “reset” and cultivate healthy habits for the year ahead. This intentional pause allows you to refresh your mindset, set clear and meaningful goals, and approach your personal and professional life with renewed energy. It’s also a chance to reflect on past challenges, reprioritize what matters most, and embrace a slower, more sustainable pace that supports lasting well-being and environmentally conscious actions.

Enter to win: Complete a line to enter! Send a photo of your completed bingo card to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by February 7th. Five entrants will be randomly selected to win a \$25 Hospitality gift card.

Declutter one drawer or desktop space

Write down three goals for the year

Cook a meal using only ingredients in your pantry or freezer

Swap a book or item with a friend instead of buying new

Take a five-minute stretch break at your desk

Take a walk during your lunch break

Set up a new planner or digital calendar

Make a list of your top three priorities

Take a 10-minute mindfulness break

Delete unused apps from your phone or computer

Spend 15 minutes organizing your files

Listen to a new song or podcast during a break



Write a list of ways to enjoy your hobbies for free

Repair or repurpose one item you own

Have a “no-spend” day

Donate or recycle five unused items

Unsubscribe from five unnecessary e-mails

Take inventory of items in your pantry or freezer

Identify one skill you’d like to learn this year

Write down one thing you’re grateful for

Compliment a colleague on their work or effort.

Reuse or repurpose a jar, box, or other household item

Clean out your e-mail inbox

Drink an extra glass of water today