



Hospitality Bingo

In order to be a successful host, we need to know what it's like to be a guest. In what ways have you cared for yourself over the past few months? This Hospitality Bingo board will help you recall some of those moments.

Hospitality Bingo can be played alone or in a group. In order to mark a box on the board, share specific details about how each point was — or will be — intentionally experienced.

To play alone:

1. **Looking Back:** Review the Bingo board and mark all the boxes that apply from the past week.
2. **Planning Ahead:** Set a goal to check off an entire board over the course of the coming week!

To play in a group:

The facilitator calls the prompts one at a time, either according to the instructions on the Facilitator Sheet (which can be found at the end of this packet) or at random. For each prompt that is marked, one participant shares the details of their experience. If they have already performed that action, they share the details of their experience. If they have not yet performed that action but will set a goal to do so, they may mark that box off. When somebody completes a full line, they shout Bingo, and share details of their entire line.



Hospitality Bingo

I stuck to a rule that I had set for myself	I lit a candle or set up a calming ambiance for myself	I had a plan and thought about the schedule in advance	I stepped out of my comfort zone and tried something new	I said a blessing or expressed gratitude for something I ate or drank
I took the time to set my table	I straightened up to make my house look nicer	I put out fresh towels for myself	I brought the outside in by opening a window, arranging flowers or watering plants	I plated my food beautifully
I was prompt and respected the needs of others	I made sure that I was noticeable in a group conversation	Free!	I put limits when I found myself crossing boundaries	I was generous to myself
I cleaned my space at the end of the day	I arranged for good snacks and drinks at home	I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)	I put music on to adjust the vibe and mood	I made my bed and cleaned up my space regularly
I ordered more of an item before it ran out to ensure that I have a well-stocked home	I was extra conscious of charging my cell and computer batteries	I cooked something that required effort	I sought out opportunities to laugh	I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom



Hospitality Bingo

I said a blessing or expressed gratitude for something I ate or drank	I stepped out of my comfort zone and tried something new	I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)	I was prompt and respected the needs of others	I made sure that I was noticeable in a group conversation
I cleaned my space at the end of the day	I put limits when I found myself crossing boundaries	I had a plan and thought about the schedule in advance	I arranged for good snacks and drinks at home	I was extra conscious of charging my cell and computer batteries
I made my bed and cleaned up my space regularly	I cooked something that required effort	Free!	I sought out opportunities to laugh	I put music on to adjust the vibe and mood
I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom	I ordered more of an item before it ran out to ensure that I have a well-stocked home	I plated my food beautifully	I lit a candle or set up a calming ambiance for myself	I was generous to myself
I took the time to set my table	I straightened up to make my house look nicer	I put out fresh towels for myself	I brought the outside in by opening a window, arranging flowers or watering plants	I stuck to a rule that I had set for myself



Hospitality Bingo

I ordered more of an item before it ran out to ensure that I have a well-stocked home	I was extra conscious of charging my cell and computer batteries	I cooked something that required effort	I straightened up to make my house look nicer	I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom
I stuck to a rule that I had set for myself	I lit a candle or set up a calming ambiance for myself	I arranged for good snacks and drinks at home	I stepped out of my comfort zone and tried something new	I said a blessing or expressed gratitude for something I ate or drank
I was generous to myself	I sought out opportunities to laugh	Free!	I brought the outside in by opening a window, arranging flowers or watering plants	I plated my food beautifully
I was prompt and respected the needs of others	I made sure that I was noticeable in a group conversation	I put out fresh towels for myself	I put limits when I found myself crossing boundaries	I took the time to set my table
I cleaned my space at the end of the day	I had a plan and thought about the schedule in advance	I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)	I put music on to adjust the vibe and mood	I made my bed and cleaned up my space regularly



Hospitality Bingo

I was prompt and respected the needs of others	I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom	I stepped out of my comfort zone and tried something new	I put limits when I found myself crossing boundaries	I arranged for good snacks and drinks at home
I stuck to a rule that I had set for myself	I lit a candle or set up a calming ambiance for myself	I had a plan and thought about the schedule in advance	I put out fresh towels for myself	I said a blessing or expressed gratitude for something I ate or drank
I took the time to set my table	I plated my food beautifully	Free!	I brought the outside in by opening a window, arranging flowers or watering plants	I straightened up to make my house look nicer
I cleaned my space at the end of the day	I ordered more of an item before it ran out to ensure that I have a well-stocked home	I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)	I put music on to adjust the vibe and mood	I made my bed and cleaned up my space regularly
I was generous to myself	I was extra conscious of charging my cell and computer batteries	I cooked something that required effort	I sought out opportunities to laugh	I made sure that I was noticeable in a group conversation



Hospitality Bingo

I plated my food beautifully	I lit a candle or set up a calming ambiance for myself	I took the time to set my table	I arranged for good snacks and drinks at home	I put music on to adjust the vibe and mood
I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom	I was extra conscious of charging my cell and computer batteries	I cooked something that required effort	I sought out opportunities to laugh	I stepped out of my comfort zone and tried something new
I was prompt and respected the needs of others	I made sure that I was noticeable in a group conversation	Free!	I had a plan and thought about the schedule in advance	I was generous to myself
I stuck to a rule that I had set for myself	I straightened up to make my house look nicer	I put out fresh towels for myself	I brought the outside in by opening a window, arranging flowers or watering plants	I put limits when I found myself crossing boundaries
I said a blessing or expressed gratitude for something I ate or drank	I made my bed and cleaned up my space regularly	I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)	I cleaned my space at the end of the day	I ordered more of an item before it ran out to ensure that I have a well-stocked home



Facilitator's Sheet

Use this randomly generated list as your call list for playing the game. Cross out each action as you announce it to keep track. You can also cut out each action, place them in a bag, and pull words from a bag.

- I ordered more of an item before it ran out to ensure that I have a well-stocked home
- I cooked something that required effort
- I brought the outside in by opening a window, arranging flowers or watering plants
- I straightened up to make my house look nicer
- I conveyed my happiness to see my guest (this could be a human, a plant, a neighbor I am smiling at from my balcony)
- I cleaned the litter box, took out the trash, put extra toilet paper in the bathroom
- I lit a candle or set up a calming ambiance for myself
- I arranged for good snacks and drinks at home
- I stepped out of my comfort zone and tried something new
- I said a blessing or expressed gratitude for something I ate or drank
- I was generous to myself
- I sought out opportunities to laugh
- I plated my food beautifully
- I was prompt and respected the needs of others
- I made sure that I was noticeable in a group conversation
- I put out fresh towels for myself
- I put limits when I found myself crossing boundaries
- I cleaned my space at the end of the day
- I had a plan and thought about the schedule in advance
- I put music on to adjust the vibe and mood
- I was extra conscious of charging my cell and computer batteries
- I made a bed and cleaned up my space regularly
- I took the time to set my table
- I stuck to a rule that I had set for myself