

Busyness Bingo

Mark any of the things on this bingo card that you've said, thought or experienced in the last month. How many can you mark?

"I'm swamped."	Keeping your phone nearby during social or family time.	"I'm running on 4 hours of sleep."	Checking email or messenger first thing in the morning.
Feeling guilty when not being productive.	"I have so many meetings today."	Multitasking all the time.	"I haven't had a weekend off in weeks."
"I thrive under pressure."	Dropping the ball on regular tasks.	"We'll make it happen."	Not checking in with friends & family.
Skipping meals because you're too busy.	"I can't keep up with everything."	Constantly thinking "I just need to get through this week."	"I'm almost caught up."