

# ascend

## SUMMER BINGO

We have provided a few ideas to get your summer bucket list bingo started and would love for you to add some of your own.

- Make a summer playlist
- Visit an art gallery
- Try a new recipe
- Take a weekly reflection walk
- Reconnect with an old friend
- Write a gratitude list
- Have an ice cream with a friend
- Paddle in the sea
- Have a no productivity day
- Read something just for fun
- Find a park to visit
- Make time for a random act of kindness
- Read a book of the Bible in a new translation
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