Bingo prompt	References
Thank someone who supported you this week.	Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. American Psychologist, 60(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410 Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377–389. https://doi.org/10.1037/0022-3514.84.2.377
Write down three good things from today and why.	Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. American Psychologist, 60(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410
Notice something you usually take for granted.	Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377–389. https://doi.org/10.1037/0022-3514.84.2.377
Celebrate someone else's good news.	Gable, S. L., Gonzaga, G. C., & Strachman, A. (2006). Will you be there for me when things go right? Supportive responses to positive event disclosures. Journal of Personality and Social Psychology, 91(5), 904–917. https://doi.org/10.1037/0022-3514.91.5.904
Do one small act of kindness.	Buchanan, K. E., & Bardi, A. (2010). Acts of kindness and acts of novelty affect life satisfaction. The Journal of Social Psychology, 150(3), 235–237.
Write a short thank-you note to someone who made a difference.	Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. American Psychologist, 60(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410
Name one accomplishment, and what helped make it possible.	Amabile, T. M., & Kramer, S. J. (2011). The progress principle: Using small wins to ignite joy, engagement, and creativity at work. Harvard Business Review Press. Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377–389. https://doi.org/10.1037/0022-3514.84.2.377
Appreciate one place that helps you feel better.	Nieuwenhuis, M., Knight, C., Postmes, T., & Haslam, S. A. (2014). The relative benefits of green versus lean office space: Three field experiments. Journal of Experimental Psychology: Applied, 20(3), 199–214. https://doi.org/10.1037/xap0000024
Bring one past or future bright moment into the present.	Bryant, F. B., & Veroff, J. (2017). Savoring: A new model of positive experience. Psychology Press. Sheldon, K. M., & Lyubomirsky, S. (2006). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. The Journal of Positive Psychology, 1(2), 73–82.