

DE-STRESS FROM YOUR PCS SUMMIT BINGO

Interact throughout the summit and have fun doing it! When you get BINGO, post a picture in the Facebook group to be entered for ongoing prize drawings!

B	I	N	G	O
Grab your free ticket	Participate in a discussion in the FB group	Fill out feedback survey after the summit	Join the Facebook group	Attend a presentation
Take 15 min. of distraction free time for yourself	Implement a presentation's action steps	Attend a presentation	Share your biggest takeaway from a presentation	Complete the worksheet for a presentation
Share your favorite All-Access Pass resource	Take the quiz	Purchase All-Access Pass	Attend a presentation	Attend the Kickoff Call live
Attend the Closing Call live	Attend a presentation	Introduce yourself in the Facebook group	Answer a trivia question correctly in the Facebook group	Follow me & one other presenter on IG (tag @ama_to_prana)
Attend a presentation	Share the biggest way the summit has transformed your thinking	Share about the summit on IG or IG stories (tag @ama_to_prana)	Find something in common with another milspouse	Find an accountability partner