

A Very Un-Official "Happier with Gretchen Rubin"
“Coping with COVID-19”
BINGO!

Tune in to @gretchenrubin on Instagram Live weekdays at 4 pm ET/1 pm PT to play along!

“Thumbs up if you...”	Someone comments on the old Mac in Elizabeth’s office	Gretchen talks about her book on the five senses	Snack bursts!	Gretchen and Elizabeth’s mom is watching
quiz.gretchenrubin.com	Someone asks about the current book club pick in the comments	Walk 20 in 20	Gretchen mentions putting down her clipboard	Technical difficulties
Elizabeth talks about Hollywood	“Keep your hands clean and your mind clear!”		Accountability	Someone wants advice on how to deal with a rebel
Gretchen’s family texts her during the livecast	Toilet paper		Five thumbs up comments in a row	Elizabeth mentions her writing partner Sarah
Outer Order Inner Calm	Someone’s landline rings	Mad Men	“If you’re just joining us”	Gretchen has a bookshelf behind her

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Elizabeth calls Gretchen “Gretch”	Kansas City!	Five thumbs up comments in a row	Happier at Home	Game of Thrones
Children’s literature	Technical difficulties	Elizabeth mentions her writing partner Sarah	“Keep your hands clean and your mind clear!”	Marie Kondo mention in the comments
Gretchen and Elizabeth’s mom is watching	Clorox wipes		Elizabeth suggests a new podcast	quiz.gretchenrubin.com
Spring break	“If you’re just joining us”		Gretchen’s family texts her during the livecast	Walk 20 in 20
The Chaffle!	Commenter is unsure of their tendency	Accountability	Someone comments on the old Mac in Elizabeth’s office	“Thumbs up if you...”

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Jack wanders into the frame	Gretchen mentions Elizabeth is clutterblind	Five thumbs up comments in a row	Someone's landline rings	Mad Men
Someone asks about the current book club pick in the comments	Better Than Before	Someone is watching from outside the US	“Keep your hands clean and your mind clear!”	Someone comments on the old Mac in Elizabeth's office
Accountability	“Before we go...”		Gretchen talks about color	“Thumbs up if you...”
Someone wants advice on how to deal with a rebel	Barnaby!		quiz.gretchenrubin.com	Technical difficulties
“If you're just joining us”	Walk 20 in 20	“My sister the sage”	Toilet paper	Snack bursts!

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Gretchen mentions an aphorism	Snack bursts!	"If you're just joining us"	New York City	quiz.gretchenrubin.com
Better Than Before	Fresca	Five thumbs up comments in a row	Children's literature	Someone comments on the old Mac in Elizabeth's office
Accountability	Suggestion from a mom in Jack's class		Gretchen recommends a book	"Thumbs up if you..."
Clorox wipes	"Keep your hands clean and your mind clear!"		Game of Thrones	Someone wants advice on how to deal with a rebel
Technical difficulties	Walk 20 in 20	Gretchen has a bookshelf behind her	Gretchen talks about her book on the five senses	Elizabeth calls Gretchen "Gretch"

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“Keep your hands clean and your mind clear!”	Someone’s landline rings	“If you’re just joining us”	Gretchen mentions putting down her clipboard	“My sister the sage”
Barnaby!	quiz.gretchenrubin.com	Ketchup	Technical difficulties	Walk 20 in 20
Toilet paper	New York City		Someone comments on the old Mac in Elizabeth’s office	Gretchen’s family texts her during the livecast
Five thumbs up comments in a row	Elizabeth suggests a new podcast		Gretchen talks about color	Elizabeth talks about Hollywood
Mad Men	Gretchen mentions Elizabeth is clutterblind	Accountability	Gretchen mentions an aphorism	Outer Order Inner Calm