

B	I	N	G	O
Watched "FOR COLORED GIRLS ONLY."	Changed unhealthy self-talk.	I find refuge with GOD in difficult times.	Set aside dedicated time to follow God's leading.	Listens to music.
Find JOY and PEACE in PRAYER.	Volunteers at a shelter.	Not afraid to ask for help.	Did something I've been putting off.	Schedules self-care TIME.
Told someone I'll be there if and when they needed me.	Watched 'WAR ROOM.'	TRUST GOD AND EXPECT THE BEST.	Enjoys quality time with family/friends.	I read and apply God's Word to be Christlike and 'set free.'
Is a mentor to another 'Sister.'	Take a mental health day monthly.	Journal my prayer requests and dreams.	I have learned what it means to FORGIVE.	Love going to the SPA.
I have forgiven myself for...	Exercises 3X's a week.	Reflecting on my spiritual journey keeps me humble.	Wrote a THANK YOU letter to someone who has helped me.	Has a PRAYER room.

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