

B	I	N	G	O
Thinks things through before making choices	Asks for help when they need it	Can take feedback	Is willing to take risks to get sober and stay sober	Finds the good in people
Can identify 3 people they are absolutely honest with	Tells the truth even when it's hard	Gets sleep	Attends meetings or support groups.	Is a good role model
Says what they mean & means what they say without being mean	Uses a coping skill or 2 or 3	IS SOBER TODAY	Can more often that not accept themselves.	Demonstrates an open mind
Exercises daily.	Reaches out to someone daily to stay connected	Finds gratitude and shares it	Confronts fear	Finds the good in situations
Can tell what they are feeling	Can find the beauty in simple things.	Has a morning routine.	Works every day to improve themselves	Can laugh at themselves

B	I	N	G	O
Uses a coping skill or 2 or 3	Attends meetings or support groups.	Is willing to take risks to get sober and stay sober	Can identify 3 people they are absolutely honest with	Gets sleep
Can take feedback	Works every day to improve themselves	Finds the good in people	Can find the beauty in simple things.	Is a good role model
Exercises daily.	Can more often that not accept themselves.	IS SOBER TODAY	Demonstrates an open mind	Asks for help when they need it
Confronts fear	Has a morning routine.	Thinks things through before making choices	Can laugh at themselves	Reaches out to someone daily to stay connected
Finds gratitude and shares it	Finds the good in situations	Says what they mean & means what they say without being mean	Tells the truth even when it's hard	Can tell what they are feeling

B	I	N	G	O
Can find the beauty in simple things.	Has a morning routine.	Attends meetings or support groups.	Finds the good in situations	Can more often that not accept themselves.
Thinks things through before making choices	Exercises daily.	Finds gratitude and shares it	Tells the truth even when it's hard	Finds the good in people
Says what they mean & means what they say without being mean	Can laugh at themselves	IS SOBER TODAY	Reaches out to someone daily to stay connected	Confronts fear
Uses a coping skill or 2 or 3	Is a good role model	Is willing to take risks to get sober and stay sober	Works every day to improve themselves	Can take feedback
Demonstrates an open mind	Asks for help when they need it	Gets sleep	Can identify 3 people they are absolutely honest with	Can tell what they are feeling