

B	I	N	G	O
Stop worrying about what others think	Ask for help	Eat healthy	Read something inspirational	Heal your past
Dance!	Smile!	Master a new skill	Be kind to others	Sit in the sun
Take deep breaths	Be kind to yourself	Forgive yourself & others	Get enough sleep	Set a small goal for yourself
Go for a walk	Quit unhealthy habits	Except failures as part of growth	Let negative people go	Begin your day with gratitude
Remind yourself you are enough	Do something creative	Talk to a loved one	Do yoga	Express your feelings

B	I	N	G	O
Take deep breaths	Be kind to yourself	Sit in the sun	Be kind to others	Begin your day with gratitude
Do yoga	Set a small goal for yourself	Forgive yourself & others	Heal your past	Quit unhealthy habits
Dance!	Eat healthy	Master a new skill	Let negative people go	Stop worrying about what others think
Go for a walk	Do something creative	Smile!	Except failures as part of growth	Read something inspirational
Remind yourself you are enough	Talk to a loved one	Express your feelings	Ask for help	Get enough sleep

B	I	N	G	O
Set a small goal for yourself	Let negative people go	Do something creative	Do yoga	Except failures as part of growth
Begin your day with gratitude	Express your feelings	Dance!	Forgive yourself & others	Stop worrying about what others think
Go for a walk	Remind yourself you are enough	Master a new skill	Be kind to yourself	Smile!
Take deep breaths	Quit unhealthy habits	Talk to a loved one	Be kind to others	Ask for help
Get enough sleep	Sit in the sun	Read something inspirational	Eat healthy	Heal your past