

B	I	N	G	O
STOP WORRYING WHAT OTHERS THINK	ASK FOR HELP	EXCEPT FAILURES AS PART OF GROWTH	READ SOMETHING INSPIRATIONAL	HEAL YOUR PAST
DANCE!!	SMILE!!	MASTER A NEW SKILL	BE KIND TO OTHERS	SIT IN THE SUN
TAKE DEEP BREATHES	BE KIND TO YOURSELF	FORGIVE YOURSELF & OTHERS	GET GOOD SLEEP	SET A SMALL GOAL FOR YOURSELF
GO FOR A WALK	QUIT UNHEALTHY HABITS	EXPRESS YOUR FEELINGS	LET NEGATIVE PEOPLE GO	BEGIN YOUR DAY WITH GRATITUDE
REMIND YOURSELF YOU ARE ENOUGH	DO YOGA	TALK TO A LOVED ONE	EEAT HEALTHY	FIND A HOBBY

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EEAT HEALTHY	SET A SMALL GOAL FOR YOURSELF	FORGIVE YOURSELF & OTHERS	HEAL YOUR PAST	QUIT UNHEALTHY HABITS
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BEGIN YOUR DAY WITH GRATITUDE	FIND A HOBBY	DANCE!!	FORGIVE YOURSELF & OTHERS	STOP WORRYING WHAT OTHERS THINK
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