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	EAT HEALTHY	FIND A HOBBY

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

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

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