

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

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