

B	I	N	G	O
Tried a new hobby	Ate 3 meals a day 2 days in a row over the past week	Completed meditation or a breathing technique	Slept at least 6 hours last night	Journalled to reflect on yourself
Cleaned up after yourself in a common space	Told yourself a positive affirmation	Participated and engaged in at least 3 groups over the last week	Attended spirituality group yesterday	Replaced a negative thought with a positive one
Thought about someone or something you are grateful for	Used a new coping strategy	FREE	Called someone important to you today	Engaged in something you find meaningful
Greeted someone in the hallway today	Talked with a staff member about your feelings	Had a conversation with someone new today	Decluttered your room	Learned 3 new coping strategies
Created an employment goal for when you are discharged	Cleaned up after someone else in a common space	Read a book	Verbalized how you relate to someone else during a group this week	Completed a hygiene routine today

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Used a new coping strategy	Attended spirituality group yesterday	Slept at least 6 hours last night	Cleaned up after yourself in a common space	Participated and engaged in at least 3 groups over the last week
Completed meditation or a breathing technique	Verbalized how you relate to someone else during a group this week	Journalled to reflect on yourself	Cleaned up after someone else in a common space	Replaced a negative thought with a positive one
Greeted someone in the hallway today	Called someone important to you today	FREE	Engaged in something you find meaningful	Ate 3 meals a day 2 days in a row over the past week
Decluttered your room	Read a book	Tried a new hobby	Completed a hygiene routine today	Talked with a staff member about your feelings
Had a conversation with someone new today	Learned 3 new coping strategies	Thought about someone or something you are grateful for	Told yourself a positive affirmation	Created an employment goal for when you are discharged

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Cleaned up after someone else in a common space	Read a book	Attended spirituality group yesterday	Learned 3 new coping strategies	Called someone important to you today
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Thought about someone or something you are grateful for	Completed a hygiene routine today	FREE	Talked with a staff member about your feelings	Decluttered your room
Used a new coping strategy	Replaced a negative thought with a positive one	Slept at least 6 hours last night	Verbalized how you relate to someone else during a group this week	Completed meditation or a breathing technique
Engaged in something you find meaningful	Ate 3 meals a day 2 days in a row over the past week	Participated and engaged in at least 3 groups over the last week	Cleaned up after yourself in a common space	Created an employment goal for when you are discharged