

B	I	N	G	O
Spiritual Help	Accepting Change	A Better Situation for ME	Gain Control of my Daily Life	Prioritize
Increased Appetite	Coping with Change	Social Support in times of change	Making Adjustments for Change	Benefits vs. Risks of Change
Old Habits Die Hard	Self-Care	FREE	Take more personal risks	Changes in Diet.
Housing Changes	How Change is Helpful	Reduced Sleep	Identifying Needed Change	Nothing is Permanent
Habits to Change	Giving Up	Letting Go	Changing your Outlook	Loss of Income

B	I	N	G	O
Increased Appetite	Identifying Needed Change	Benefits vs. Risks of Change	Self-Confidence and Change	Changes in Health Status
Prioritize	Housing Changes	Changes in Diet.	How Change is Helpful	Social Support in times of change
Take more personal risks	Accepting Change	FREE	Making Adjustments for Change	Letting Go
Loss of Income	How is stress helpful?	Create a Plan of Action	Gain Control of my Daily Life	Mastery
Old Habits Die Hard	Relationship Changes	Changing your Outlook	Nothing is Permanent	Coping with Change

B	I	N	G	O
Nothing is Permanent	Letting Go	Loss of Income	Accepting Change	Housing Changes
A Better Situation for ME	Identifying Needed Change	Coping with Change	Spiritual Help	Changes in Health Status
Work on immediate goals	Tension Headaches	FREE	Create a Plan of Action	Benefits vs. Risks of Change
Prioritize	Making Adjustments for Change	Find Ways to Earn more \$\$	Take more personal risks	Increased Appetite
Changing your Outlook	Old Habits Die Hard	How Change is Helpful	Gain Control of my Daily Life	Changes in Diet.