

B	I	N	G	O
Support Groups	Acceptance	Connection	Physical health	Mental health
Change	Respect	Nature	Action	Relationships
T.I.P.P.	Authenticity	FREE	Goals	Gratitude
Recovery	Hope	Peers	Courage	Mindfulness
Breathwork	Purpose	Commitment	Values	Community

B	I	N	G	O
T.I.P.P.	Values	Action	Hope	Change
Physical health	Gratitude	Connection	Mindfulness	Authenticity
Goals	Acceptance	FREE	Courage	Peers
Community	Support Groups	Commitment	Recovery	Breathwork
Mental health	Dedication	Relationships	Nature	Respect

B	I	N	G	O
Recovery	Courage	T.I.P.P.	Community	Physical health
Purpose	Relationships	Values	Hope	Authenticity
Peers	Action	FREE	Goals	Connection
Dedication	Mental health	Breathwork	Acceptance	Support Groups
Respect	Nature	Gratitude	Mindfulness	Commitment