

|                                                        |                                                       |                                                |                                               |                                                               |
|--------------------------------------------------------|-------------------------------------------------------|------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------|
| <b>B</b>                                               | <b>I</b>                                              | <b>N</b>                                       | <b>G</b>                                      | <b>O</b>                                                      |
| TOLD<br>SOMEBODY<br>WHY I<br>APPRECIATE<br>THEM        | 1 WEEK W/O<br>ALCOHOL<br>ENERGY<br>DRINKS OR<br>SODA  | CALLED<br>A FRIEND<br>(NOT<br>TEXT)            | SAID<br>HELLO TO<br>SOMEBODY<br>NEW           | DRANK<br>64 OZ OF<br>WATER                                    |
| ATE 3<br>SERVINGS<br>OF VEGGIES<br>DAILY FOR 1<br>WK   | STRETCHED<br>FOR 5 MIN                                | ORGANIZED<br>A JUNK<br>DRAWER                  | 30 MIN OF<br>INTENTIONAL<br>EXERCISE<br>TODAY | REVIEWED<br>FINANCES<br>AND SET A<br>SHORT<br>TERM GOAL       |
| SET A<br>BOUNDARY<br>AT WORK                           | TOOK A<br>DEEP<br>BREATH<br>INSTEAD OF<br>GRUMBLING   | <b>FREE</b>                                    | 30 MIN IN<br>NATURE<br>TODAY                  | DELETED<br>A SOCIAL<br>MEDIA<br>PLATFORM                      |
| DID A TASK<br>FOR MY<br>NEIGHBOR<br>W/O BEING<br>ASKED | SCHEDULED<br>AN APPT I<br>HAVE BEEN<br>PUTTING<br>OFF | DID NOT<br>USE<br>SCREENS<br>1HR BEFORE<br>BED | DELEGATED<br>A TASK TO<br>LIGHTEN<br>MY LOAD  | GAVE<br>POSITIVE<br>FEEDBACK<br>TO A<br>STRUGGLING<br>STUDENT |
| CRANKED<br>SOME<br>MUSIC<br>(SANG<br>TOO)              | 7.5 HRS OF<br>SLEEP FOR<br>AN ENTIRE<br>WEEK          | READ<br>SOMETHING<br>FOR FUN                   | <b>TRIED<br/>A NEW<br/>HOBBY</b>              | ATE THREE<br>BALANCED<br>MEALS<br>TODAY                       |

|                                            |                                                |                                     |                                          |                                             |
|--------------------------------------------|------------------------------------------------|-------------------------------------|------------------------------------------|---------------------------------------------|
| <b>B</b>                                   | <b>I</b>                                       | <b>N</b>                            | <b>G</b>                                 | <b>O</b>                                    |
| TOOK A DEEP BREATH INSTEAD OF GRUMBLING    | 30 MIN OF INTENTIONAL EXERCISE TODAY           | SAID HELLO TO SOMEBODY NEW          | ATE 3 SERVINGS OF VEGGIES DAILY FOR 1 WK | ORGANIZED A JUNK DRAWER                     |
| CALLED A FRIEND (NOT TEXT)                 | TRIED A NEW HOBBY                              | DRANK 64 OZ OF WATER                | 7.5 HRS OF SLEEP FOR AN ENTIRE WEEK      | REVIEWED FINANCES AND SET A SHORT TERM GOAL |
| DID A TASK FOR MY NEIGHBOR W/O BEING ASKED | 30 MIN IN NATURE TODAY                         | <b>FREE</b>                         | DELETED A SOCIAL MEDIA PLATFORM          | 1 WEEK W/O ALCOHOL ENERGY DRINKS OR SODA    |
| DELEGATED A TASK TO LIGHTEN MY LOAD        | READ SOMETHING FOR FUN                         | TOLD SOMEBODY WHY I APPRECIATE THEM | ATE THREE BALANCED MEALS TODAY           | SCHEDULED AN APPT I HAVE BEEN PUTTING OFF   |
| DID NOT USE SCREENS 1HR BEFORE BED         | GAVE POSITIVE FEEDBACK TO A STRUGGLING STUDENT | SET A BOUNDARY AT WORK              | STRETCHED FOR 5 MIN                      | CRANKED SOME MUSIC (SANG TOO)               |

|                                         |                                             |                                      |                                                |                                     |
|-----------------------------------------|---------------------------------------------|--------------------------------------|------------------------------------------------|-------------------------------------|
| <b>B</b>                                | <b>I</b>                                    | <b>N</b>                             | <b>G</b>                                       | <b>O</b>                            |
| 7.5 HRS OF SLEEP FOR AN ENTIRE WEEK     | READ SOMETHING FOR FUN                      | 30 MIN OF INTENTIONAL EXERCISE TODAY | GAVE POSITIVE FEEDBACK TO A STRUGGLING STUDENT | 30 MIN IN NATURE TODAY              |
| TOLD SOMEBODY WHY I APPRECIATE THEM     | DID A TASK FOR MY NEIGHBOR W/O BEING ASKED  | DID NOT USE SCREENS 1HR BEFORE BED   | STRETCHED FOR 5 MIN                            | DRANK 64 OZ OF WATER                |
| SET A BOUNDARY AT WORK                  | ATE THREE BALANCED MEALS TODAY              | <b>FREE</b>                          | SCHEDULED AN APPT I HAVE BEEN PUTTING OFF      | DELEGATED A TASK TO LIGHTEN MY LOAD |
| TOOK A DEEP BREATH INSTEAD OF GRUMBLING | REVIEWED FINANCES AND SET A SHORT TERM GOAL | SAID HELLO TO SOMEBODY NEW           | <b>TRIED A NEW HOBBY</b>                       | <b>CALLED A FRIEND (NOT TEXT)</b>   |
| DELETED A SOCIAL MEDIA PLATFORM         | 1 WEEK W/O ALCOHOL ENERGY DRINKS OR SODA    | ORGANIZED A JUNK DRAWER              | ATE 3 SERVINGS OF VEGGIES DAILY FOR 1 WK       | CRANKED SOME MUSIC (SANG TOO)       |