

B	I	N	G	O
self - worth	Love	count to 10	pride	image
compassion	self - respect	mindful breaths	appearance	patience
self - improvement	stop-think-act	FREE	calm	honestly
hope	self - control	humility	encouragement	kindness
emotions	choice	patience	take a break	confidence

B	I	N	G	O
stop-think-act	appearance	pride	compassion	mindful breaths
count to 10	take a break	image	choice	patience
hope	calm	FREE	honestly	Love
encouragement	patience	self - worth	confidence	self - control
humility	kindness	self - improvement	self - respect	emotions

B	I	N	G	O
choice	patience	appearance	kindness	calm
self - worth	hope	humility	self - respect	image
self - improvement	confidence	FREE	self - control	encouragement
stop-think-act	patience	pride	take a break	count to 10
honestly	Love	mindful breaths	compassion	emotions