B	I	N	G	O
Build strength	Inspiration	Nurture	Growth	Ongoing practice
Buddies	Integrity	Nurturing	Gratefulness	Open-minded
Boundaries	Independence	New goals	Group support	Outdoors
Bravery	Improvements	Nutrition	Gentle yoga	Open up
Be mindful	Insight	Navigate	Green space	Objectives

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B	I	N	G	O
Be kind	Improvements	No regrets	Gym	Open communication
Body scan	Inner peace	Nutrition	Good health	Outdoors
Breathing exercises	Independence	New mindset	Gratitude	Overjoyed
Boundaries	Involve hobbies	Nurturing	Goals	Outreach
Be mindful	Interactive activities	New beginnings	Gentle yoga	Organize

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B	I	N	G	O
Be kind	Improvements	Non-judgmental	Group therapy	Opportunity
Bravery	Invite friends	Notice feelings	Guided meditation	Outreach
Bright future	Inner peace	Nutrition	Gratefulness	Organize
Breathing exercises	Independence	Nurture	Gentle yoga	Optimism
Buddies	Integrity	New hobbies	Gratitude	Outlook

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