

B	I	N	G	O
WENT TO BED AT A REASONABLE TIME	ASK FOR HELP	LISTEN TO MUSIC	TRIED SOMETHING NEW	STRETCHED
DRINK WATER	WAS LAZY	TOOK A NAP	ATE SOMETHING GOOD FOR ME	WAS KIND TO MYSELF WHEN I COULD HAVE BEEN HARD ON MYSELF
WORKED OUT 3X IN 1 WEEK	COLOR/PAINT	FREE	THINK ABOUT HAPPY MEMORIES	READ FOR FUN
DID SOMETHING I'VE BEEN PUTTING OFF	REFLECT/GRATITUDE MOMENT	USE POSITIVE SELF TALK	SPENT TIME OUTSIDE	TOOK A QUIET TIME
VENTED TO SOMEONE I TRUST	NO SOCIAL MEDIA DAY	MADE A GRATITUDE LIST	TALK TO A FRIEND	DEEP BREATHING

B	I	N	G	O
THINK ABOUT HAPPY MEMORIES	STRETCHED	COLOR/PAINT	WAS KIND TO MYSELF WHEN I COULD HAVE BEEN HARD ON MYSELF	DEEP BREATHING
USE POSITIVE SELF TALK	READ FOR FUN	REFLECT/GRATITUDE MOMENT	WAS LAZY	ATE SOMETHING GOOD FOR ME
WORKED OUT 3X IN 1 WEEK	TRIED SOMETHING NEW	FREE	TALK TO A FRIEND	DRINK WATER
LISTEN TO MUSIC	TOOK A NAP	VENTED TO SOMEONE I TRUST	DID SOMETHING I'VE BEEN PUTTING OFF	TOOK A QUIET TIME
ASK FOR HELP	WENT TO BED AT A REASONABLE TIME	WROTE SOME POSITIVE AFFIRMATIONS FOR MYSELF	LISTEN TO INSTRUMENTAL MUSIC	MADE A GRATITUDE LIST

B	I	N	G	O
THINK ABOUT HAPPY MEMORIES	DRINK WATER	TOOK A QUIET TIME	LISTEN TO INSTRUMENTAL MUSIC	ATE SOMETHING GOOD FOR ME
ASK FOR HELP	WROTE SOME POSITIVE AFFIRMATIONS FOR MYSELF	LISTEN TO MUSIC	WORKED OUT 3X IN 1 WEEK	DID SOMETHING I'VE BEEN PUTTING OFF
WAS LAZY	VENTED TO SOMEONE I TRUST	FREE	SPENT TIME OUTSIDE	TRIED SOMETHING NEW
DEEP BREATHING	TALK TO A FRIEND	REFLECT/GRATITUDE MOMENT	READ FOR FUN	COLOR/PAINT
WAS KIND TO MYSELF WHEN I COULD HAVE BEEN HARD ON MYSELF	STRETCHED	MADE A GRATITUDE LIST	TOOK A NAP	WENT TO BED AT A REASONABLE TIME