

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

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

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