

|                                      |                               |                                        |                     |                                           |
|--------------------------------------|-------------------------------|----------------------------------------|---------------------|-------------------------------------------|
| <b>B</b>                             | <b>I</b>                      | <b>N</b>                               | <b>G</b>            | <b>O</b>                                  |
| Stretch                              | Be<br>Happy                   | Get<br>Some<br>Sun                     | Read a<br>book      | Live<br>What<br>You Love                  |
| Drink 8<br>cups of<br>water<br>daily | Speak<br>the truth<br>in love | Play with<br>your<br>children          | Be Kind             | Pray<br>Often                             |
| Smile                                | Take a<br>bubble<br>bath      | <b>FREE</b>                            | Dance               | Laugh                                     |
| Let Go<br>and<br>Forgive             | Sing                          | Listen to<br>your<br>favorite<br>music | Go for a<br>walk    | Love<br>Yourself                          |
| Give<br>Thanks                       | Do your<br>nails<br>and hair  | Practice<br>Good<br>Sleeping<br>Habits | Talk to a<br>friend | Exercise<br>for 20-30<br>minutes<br>daily |

|                               |                               |                    |                                  |                         |
|-------------------------------|-------------------------------|--------------------|----------------------------------|-------------------------|
| <b>B</b>                      | <b>I</b>                      | <b>N</b>           | <b>G</b>                         | <b>O</b>                |
| Take a bubble bath            | Be Kind                       | Read a book        | Drink 8 cups of water daily      | Play with your children |
| Get Some Sun                  | Talk to a friend              | Live What You Love | Do your nails and hair           | Pray Often              |
| Let Go and Forgive            | Dance                         | <b>FREE</b>        | Laugh                            | Be Happy                |
| Go for a walk                 | Practice Good Sleeping Habits | Stretch            | Exercise for 20-30 minutes daily | Sing                    |
| Listen to your favorite music | Love Yourself                 | Smile              | Speak the truth in love          | Give Thanks             |

|                              |                                           |                                        |                                      |                          |
|------------------------------|-------------------------------------------|----------------------------------------|--------------------------------------|--------------------------|
| <b>B</b>                     | <b>I</b>                                  | <b>N</b>                               | <b>G</b>                             | <b>O</b>                 |
| Do your<br>nails<br>and hair | Practice<br>Good<br>Sleeping<br>Habits    | Be Kind                                | Love<br>Yourself                     | Dance                    |
| Stretch                      | Let Go<br>and<br>Forgive                  | Listen to<br>your<br>favorite<br>music | Speak<br>the truth<br>in love        | Live<br>What<br>You Love |
| Smile                        | Exercise<br>for 20-30<br>minutes<br>daily | <b>FREE</b>                            | Sing                                 | Go for a<br>walk         |
| Take a<br>bubble<br>bath     | Pray<br>Often                             | Read a<br>book                         | Talk to a<br>friend                  | Get<br>Some<br>Sun       |
| Laugh                        | Be<br>Happy                               | Play with<br>your<br>children          | Drink 8<br>cups of<br>water<br>daily | Give<br>Thanks           |