

B	I	N	G	O
P= patience- be patient with your progress and journey	A = Affirmation- remind yourself you are amazing daily	D = Diversify- Develop new hobbies/interests	K =Kindness pass it along	Have an open-mind and an open heart
Core values give you peace inner calm as well as vision	N= nourish your body and mind	I = Intuition -listen to your heart or inner voice	B = Breathe- when you need to relax	J = journey - we are all at different stages on the track stop comparing yourself to others
M= mercy show compassion to others	Seek an authentic life	FREE	Be quick to let go of anger and negative encounters	F = Faith -have faith in yourself
G = Gratitude- Count your blessings daily	Love = love yourself you are unique and amazing	H = Honor yourself and others in all you do and say	E = Expectations - Keep them realistic and Balanced	Humor = laughter is fantastic medicine
Develop a zest for life	C = Can - Tell yourself You Can	Independence = learn to be happy in your own company	Understand who you are who you can become and your purpose	Create opportunities for goodness

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