

B	I	N	G	O
Stop a negative thought with a positive one	Compliment a stranger	Give yourself 3 positive affirmations	Say a mantra 1 time	List 5 Things you're grateful for
Give yourself 1 positive affirmation	Say no without explanation	Make an I statement when being assertive	Compliment someone close to you (relative-friend-SO)	Reward yourself
Say a mantra 3 times	Stop a negative thought with a positive one	FREE	Do something FUN!	Help someone
I overcame a challenge	Say a mantra 2 times	Laugh	Go on a 15 (or more) min. walk	List one big thing to accomplish and do it
Go on a 15 (or more) min walk	Dress up	Practice a new skill	Try something new	Give yourself 2 positive affirmations

B	I	N	G	O
Stop a negative thought with a positive one	Compliment someone close to you (relative-friend-SO)	Say a mantra 1 time	Give yourself 1 positive affirmation	Make an I statement when being assertive
Give yourself 3 positive affirmations	Try something new	List 5 Things you're grateful for	Dress up	Reward yourself
I overcame a challenge	Do something FUN!	FREE	Help someone	Compliment a stranger
Go on a 15 (or more) min. walk	Practice a new skill	Stop a negative thought with a positive one	Give yourself 2 positive affirmations	Say a mantra 2 times
Laugh	List one big thing to accomplish and do it	Say a mantra 3 times	Say no without explanation	Go on a 15 (or more) min walk

B	I	N	G	O
Dress up	Practice a new skill	Compliment someone close to you (relative-friend-SO)	List one big thing to accomplish and do it	Do something FUN!
Stop a negative thought with a positive one	I overcame a challenge	Laugh	Say no without explanation	List 5 Things you're grateful for
Say a mantra 3 times	Give yourself 2 positive affirmations	FREE	Say a mantra 2 times	Go on a 15 (or more) min. walk
Stop a negative thought with a positive one	Reward yourself	Say a mantra 1 time	Try something new	Give yourself 3 positive affirmations
Help someone	Compliment a stranger	Make an I statement when being assertive	Give yourself 1 positive affirmation	Go on a 15 (or more) min walk