B	I	N	G	O
Talk to a friend	Ask for help	Go shopping	State of Mind	Outcome Recovery
Forgive and Forget	Talk on Phone	Practice Breathing	Clean your room	Read a good book
Take up a new hobby	Watch a old/happy movie	**FREE**	Exercise	Listen to music
Love yourself	Study	Meditate	Inner Peace	Positive Relationships
Goals	Focus on School	Punch a punching bag	Write	Go for a walk

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B	I	N	G	O
Watch a old/happy movie	Clean your room	State of Mind	Forgive and Forget	Practice Breathing
Go shopping	Write	Outcome Recovery	Focus on School	Read a good book
Love yourself	Exercise	**FREE**	Listen to music	Ask for help
Inner Peace	Punch a punching bag	Talk to a friend	Go for a walk	Study
Meditate	Positive Relationships	Take up a new hobby	Talk on Phone	Goals

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B	I	N	G	O
Focus on School	Punch a punching bag	Clean your room	Positive Relationships	Exercise
Talk to a friend	Love yourself	Meditate	Talk on Phone	Outcome Recovery
Take up a new hobby	Go for a walk	**FREE**	Study	Inner Peace
Watch a old/happy movie	Read a good book	State of Mind	Write	Go shopping
Listen to music	Ask for help	Practice Breathing	Forgive and Forget	Goals

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