

B	I	N	G	O
I volunteer.	I am an initiator.	I am a mentor.	I don't smoke.	I re-frame fear.
I keep learning.	I create personal boundaries.	I take care of a pet/child.	I live with integrity.	I am honest with myself and others.
I practice gratitude.	I spend time with friends.	FREE	I'm expanding my network.	I am independent of other's opinions.
I live in a safe place.	I give and receive affection.	I study my personal evolution.	I challenge my limiting beliefs.	I have a change in scenery.
I redefine success.	I have an equality mentality.	I practice affirmations.	I slow down and simplify.	I embrace failure as a part of growth.

B	I	N	G	O
I spend time with friends.	I give and receive affection.	I eliminate time-wasting behaviors.	I know my values.	I have a change in scenery.
I don't use recreational drugs.	I am independent of other's opinions.	I ask for forgiveness.	I let go of draining people.	I keep learning.
I heal past wounds.	I am increasing my standards.	FREE	I study my personal evolution.	I read something inspirational.
I give away love.	I take care of my relationships.	I am honest with myself and others.	I'm expanding my network.	I am focused on the present moment.
I live in a safe place.	I re-frame fear.	I know my accomplishments.	I create personal boundaries.	I don't smoke.

B	I	N	G	O
I study my personal evolution.	I manage my anger.	I'm expanding my network.	I read something inspirational.	I practice gratitude.
I live with integrity.	I set small goals.	I am independent of other's opinions.	I care about my appearance.	I pay off my debts.
I keep learning.	I create personal boundaries.	FREE	I practice affirmations.	I know my values.
I am focused on the present moment.	I give and receive affection.	I am a mentor.	I heal past wounds.	I challenge my limiting beliefs.
I let go of draining people.	I teach someone.	I am willing to ask for help.	I'm seeking my life passion.	I'm planning for something exciting.