

B	I	N	G	O
Use time wisely	Always have plan "B"	Do rely on memory! Write it down!	Set appointments a head of time	Pay attention to your parents
Clean out your closet	Take a different route to work	Remember that stress is a attitude	Avoid negative people	Set Priorities in your life
Stretch your limits a little each day	Watch a movie and eat popcorn	FREE	Avoid tight fitting clothes	Get up 15mins earlier
Look at problems as challenges	Smile	Maintain your weight	Exercise everyday	Plant a Tree
Don't know all of the answers	Become a better listener	Say something nice to someone	Write a note to a far away friend	Do it today!

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Get up 15mins earlier	Always have plan "B"	Remember that stress is a attitude	Clean out your closet	Don't know all of the answers