B	I	N	G	O
Use time Wisely	Always have plan "B"	Don't know all of the answers	Set priorities in your life	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 appointments a head of time
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 rely on memory! Write it down	Become a better listener	Say something nice to someone	Write a note to a far away friend	Do it today!

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

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B	I	N	G	O
Become a better listener	Say something nice to someone	Avoid negative people	Plant a Tree	Avoid tight fitting clothes
Use time Wisely	Look at problems as challenges	Maintain your weight	Take a Different route to work	Pay attention to your parents
Stretch your limits a little each day	Do it today!	**FREE**	Smile	Exercise everyday
Watch a movie and eat popcorn	Set appointments a head of time	Set priorities in your life	Write a note to a far away friend	Don't know all of the answers
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