B	I	N	G	O
Use time wisely	Always have a plan "B"	Do it today!	Smile	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
Take a different route home	Watch a movie and eat popcorn	**FREE**	Avoid tight fitting clothes	Get up 15 mins earlier
Look at problems as challenges	Stretch your limits a little each day	Maintain your weight	Exercise everyday	Plant a tree
Don't rely on memory! Write it down	Become a better listener	Set appointments a head of time	Write a note to a far away friend	Con't know all of the answers

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