

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 Tight fitting clothes	Set appointments a head of time
Stretch your limits a little each day	Watch a movie and eat popcorn	FREE	Avoid negative people	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!

B	I	N	G	O
Watch a movie and eat popcorn	Avoid Tight fitting clothes	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 negative people	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

B	I	N	G	O
Become a better listener	Say something nice to someone	Avoid Tight fitting clothes	Plant a Tree	Avoid negative people
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
Get up 15mins earlier	Always have plan "B"	Remember that stress is a attitude	Clean out your closet	Don't rely on memory! Write it down