

B	I	N	G	O
Stress	Awesome	Asking for help	Have faith	Self-actualization
Optimism	Emotions	Self-regulation	Primary emotions	Balance
Respect	Self-love	FREE	Stressor	Be Creative
Pesonality	Know Yourself	Develop trusting relationships	Learned emotions	Self-care
Modeling	Resilience	Self-esteem	Helping someone	Helping others

B	I	N	G	O
Peer group	Learned emotions	Have quality relationships	Confidence	Determination
Perseverance	Optimism	Modeling	Balance	Self-love
Self-awareness	Know Yourself	FREE	Be Creative	Set goals
Stressor	Self-regulation	Awesome	Pesonality	Self-actualization
Emotions	Have faith	Resilience	Respect	Primary emotions

B	I	N	G	O
Self-care	Be Creative	Determination	Resilience	Optimism
Emotions	Respect	Perseverance	Awesome	Know Yourself
Asking for help	Modeling	FREE	Stress	Confidence
What makes you feel great	Success	Self-actualization	Pesonality	Happy
Stressor	Balance	Learned emotions	Have faith	Helping others