

B	I	N	G	O
Sleep Well	Anticipate	Don't Procrastinate	Set Reminders	Physical Activity
Create A Weekly Schedule	Sleep	Reflection	Appointment	Set Goals
Simplify	Take Breaks	FREE	Balancing Your Life	Get Organized
Learn To Say "No"	Setting Daily goals	Meal Preparation	Environment	Prioritizing
Eliminate Distractions	Basic Values	Schedule Rewards	Time Management	Daily To Do List

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Take Breaks	Appointment	Set Reminders	Create A Weekly Schedule	Reflection
Don't Procrastinate	Time Management	Physical Activity	Basic Values	Set Goals
Learn To Say "No"	Balancing Your Life	FREE	Get Organized	Anticipate
Environment	Schedule Rewards	Sleep Well	Daily To Do List	Setting Daily goals
Meal Preparation	Prioritizing	Simplify	Sleep	Eliminate Distractions

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Sleep Well	Learn To Say "No"	Meal Preparation	Sleep	Physical Activity
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Take Breaks	Set Goals	Set Reminders	Time Management	Don't Procrastinate
Get Organized	Anticipate	Reflection	Create A Weekly Schedule	Eliminate Distractions