

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

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Environment	Schedule Rewards	Take Breaks	Daily To Do List	Setting Daily Goals
Meal Preparation	Prioritizing	Simplify	Sleep	Eliminate Distractions

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Get Organized	Anticipate	Reflection	Create A Weekly Schedule	Eliminate Distractions