

B	I	N	G	O
Is proud of accomplishments	Can challenge negative self-talk	Enjoys being creative	Is able to give a compliment to someone	Has a sense of humour
Does something for fun at least one times per week	Is in good health	Has one or more personal confidantes	Can identify 3 positive aspects of self	Is able to be flexible if things change
Is able to recognise personal achievements	Takes quiet time for self during the day	FREE SPACE!	Can speak openly about feelings when angry or worried	Gets strength from personal beliefs and values
Gives & receives affection regularly	Is able to organise time effectively	Has a balanced lifestyle	Gets 7-8 hours of sleep at least 4 nights per week	Has network of friends
Feels comfortable receiving a compliment	Does a self-nurturing activity at least 1x per day	Has personal goals	able to state one thing good at	Eat at least one balanced meal per day

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