

B	I	N	G	O
sober support	12 steps	exercise	make goals	hope
be positive	problem solving	independence	accountability	love
nurture yourself	stability	FREE	ask for help	free
growth	motivation	healthy relationships	forgiveness	independence
feel it-move on	assertiveness	leisure activity	taking responsibility	boundaries

B	I	N	G	O
stability	accountability	make goals	be positive	independence
exercise	taking responsibility	hope	assertiveness	love
growth	ask for help	FREE	free	12 steps
forgiveness	leisure activity	sober support	boundaries	motivation
healthy relationships	independence	nurture yourself	problem solving	feel it-move on

B	I	N	G	O
assertiveness	leisure activity	accountability	independence	ask for help
sober support	growth	healthy relationships	problem solving	hope
nurture yourself	boundaries	FREE	motivation	forgiveness
stability	love	make goals	taking responsibility	exercise
free	12 steps	independence	be positive	feel it-move on