Squirrel Bingo

Used PM inhaler	"worked" w/out overthinking	Controlled Anger/Emotions	Put shoes away	Meditation/Self-Care
Cleaned nightstand	Used AM inhaler	Picked/Hung Up Clothes	64 Ounces of water	Took Vitamins
Woke-Up On Time	Brushed Teeth AM	PRAY	Diffuse/Use Oil Self Care	Healthy Bed Time by 9:30
Took Dog for walk	Healthy Meal	Positive Self Talk	Deleted Old Apps	Organized a Drawer/Space
Brushed Teeth PM	Read a chapter	Completed a Task	made a small to do list	Completed homework

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Squirrel Bingo

Woke-Up On Time	made a small to do list	64 Ounces of water	Healthy Meal	Cleaned nightstand
Put shoes away	Healthy Bed Time by 9:30	Controlled Anger/Emotions	Organized a Drawer/Space	Brushed Teeth AM
Diffuse/Use Oil Self Care	"worked" w/out overthinking	PRAY	Deleted Old Apps	Positive Self Talk
Completed homework	Used PM inhaler	Completed a Task	Took Dog for walk	Brushed Teeth PM
Meditation/Self-Care	Didn't procrastinate	Took Vitamins	Picked/Hung Up Clothes	Used AM inhaler

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Squirrel Bingo

Took Dog for walk	Deleted Old Apps	Woke-Up On Time	Completed homework	Put shoes away
Read a chapter	Took Vitamins	made a small to do list	Healthy Meal	Brushed Teeth AM
Positive Self Talk	64 Ounces of water	PRAY	Diffuse/Use Oil Self Care	Controlled Anger/Emotions
Didn't procrastinate	Meditation/Self-Care	Brushed Teeth PM	"worked" w/out overthinking	Used PM inhaler
Used AM inhaler	Picked/Hung Up Clothes	Healthy Bed Time by 9:30	Organized a Drawer/Space	Completed a Task

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