

DBT-BINGO

Take a shower	5 things you're grateful for	Clear Kate	Reading	Exercise 15 mins
Change out of pajamas	Stretch	Get some fresh air	Artistry skincare	Pray
Sleep	Use your biz snack for munching	FREE	Audio	Dreamstream - comment
Eat an edible	Send a Kate	Exercise	Deposit into your pipeline	Fair
Cook something healthy	Build upline relationship	Positive affirmations	Vitamins	Cleanup - using amway home

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Use your biz snack for munching	Artistry skincare	Reading	Change out of pajamas	Get some fresh air
Clear Kate	Vitamins	Exercise 15 mins	Build upline relationship	Pray
Eat an edible	Audio	FREE	Dreamstream - comment	5 things you're grateful for
Deposit into your pipeline	Positive affirmations	Take a shower	Cleanup - using amway home	Send a Kate
Exercise	Fair	Sleep	Stretch	Cook something healthy

DBT-BINGO

Build upline relationship	Positive affirmations	Artistry skincare	Fair	Audio
Take a shower	Eat an edible	Exercise	Stretch	Exercise 15 mins
Sleep	Cleanup - using amway home	FREE	Send a Kate	Deposit into your pipeline
Use your biz snack for munching	Pray	Reading	Vitamins	Clear Kate
Dreamstream - comment	5 things you're grateful for	Get some fresh air	Change out of pajamas	Cook something healthy