

B	I	N	G	O
Trying Again	Accepting Myself	Forgiving Others (when & if)	Showing Gratitude	How Much Effort I Put Forth
Being Honest	Talking to Someone	Keeping My Word	Acknowledging My Feelings	Setting Boundaries
Taking a Break	When I Help Others	What I Can Control Free Space	Acknowledging my Mistakes	How I Interpret Events
How I Respond to Conflict	Taking Care of My Body	How I Treat Others	Goals I Set	How often I Smile
Getting Enough Sleep	Asking for Help	Self-Talk	When I Use Coping Skills	Being Kind

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When I Help Others	Acknowledging My Feelings	Showing Gratitude	Being Honest	Keeping My Word
Forgiving Others (when & if)	When I Use Coping Skills	How Much Effort I Put Forth	Asking for Help	Setting Boundaries
How I Respond to Conflict	Acknowledging my Mistakes	What I Can Control Free Space	How I Interpret Events	Accepting Myself
Goals I Set	Self-Talk	Trying Again	Being Kind	Taking Care of My Body
How I Treat Others	How often I Smile	Taking a Break	Talking to Someone	Getting Enough Sleep

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Asking for Help	Self-Talk	Acknowledging My Feelings	How often I Smile	Acknowledging my Mistakes
Trying Again	How I Respond to Conflict	How I Treat Others	Talking to Someone	How Much Effort I Put Forth
Taking a Break	Being Kind	What I Can Control Free Space	Taking Care of My Body	Goals I Set
When I Help Others	Setting Boundaries	Showing Gratitude	When I Use Coping Skills	Forgiving Others (when & if)
How I Interpret Events	Accepting Myself	Keeping My Word	Being Honest	Getting Enough Sleep