

B	I	N	G	O
Wellness Plan	Action Plans	Healthy Diet	Stay Sober	Responsibility
Exercise	Watch a Sunset	Self-Awareness	Aftercare Plan	Talking to Counselors
Wiggle Wiggle	Attend Self Help Groups	FREE	Positive Thinking	Recovery
Take Medication	Relapse Prevention Plan	Stay Drug Free	Peer Support	Self-Advocacy
Education	Support System	Friend on Speed Dial when you are tempted	Yoga	Get Enough Sleep

B	I	N	G	O
Wiggle Wiggle	Yoga	Aftercare Plan	Relapse Prevention Plan	Exercise
Stay Sober	Recovery	Healthy Diet	Self-Advocacy	Attend Self Help Groups
Positive Thinking	Action Plans	FREE	Peer Support	Stay Drug Free
Get Enough Sleep	Wellness Plan	Friend on Speed Dial when you are tempted	Take Medication	Education
Responsibility	Physical	Talking to Counselors	Self-Awareness	Watch a Sunset

B	I	N	G	O
Take Medication	Peer Support	Wiggle Wiggle	Get Enough Sleep	Stay Sober
Support System	Talking to Counselors	Yoga	Relapse Prevention Plan	Attend Self Help Groups
Stay Drug Free	Aftercare Plan	FREE	Positive Thinking	Healthy Diet
Physical	Responsibility	Education	Action Plans	Wellness Plan
Watch a Sunset	Self-Awareness	Recovery	Self-Advocacy	Friend on Speed Dial when you are tempted