

B	I	N	G	O
Values	Breathing Deeply	Healthy Diet	Self-Love	Responsibility
Get Enough Sleep	Talking to Counselors	Self-Advocacy	Education	Support System
Vision Board	Emotional	FREE	Peer Support	Physical
Strengths	Recovery	Self-Awareness	Hope	Self Help Groups
Exercise	Self-Thought 4 Self-Building	Go To Doctor For Check-ups	Yoga	Goals

B	I	N	G	O
Vision Board	Yoga	Education	Recovery	Get Enough Sleep
Self-Love	Physical	Healthy Diet	Self Help Groups	Emotional
Peer Support	Breathing Deeply	FREE	Hope	Self-Awareness
Goals	Values	Go To Doctor For Check-ups	Strengths	Exercise
Responsibility	Mental	Support System	Self-Advocacy	Talking to Counselors

B	I	N	G	O
Strengths	Hope	Vision Board	Goals	Self-Love
Self-Though 4 Self-Building	Support System	Yoga	Recovery	Emotional
Self-Awareness	Education	FREE	Peer Support	Healthy Diet
Mental	Responsibility	Exercise	Breathing Deeply	Values
Talking to Counselors	Self-Advocacy	Physical	Self Help Groups	Go To Doctor For Check-ups