

B	I	N	G	O
Take Medication	Actions	Goals	School	Mental Health
Exercise	Support System	Motivations	Beliefs and values	Responsibility
Self-Awareness	Talking to Counselors	FREE	Communication	Hobbies and Interests
Hope	Self-Advocacy	Hygiene	Healthy Diet	Mindfulness
Habits	Emotional Regulation	Perspective	Yoga	Get Enough Sleep

B	I	N	G	O
Talking to Counselors	Beliefs and values	School	Exercise	Motivations
Goals	Yoga	Mental Health	Emotional Regulation	Responsibility
Hope	Communication	FREE	Hobbies and Interests	Actions
Healthy Diet	Perspective	Take Medication	Get Enough Sleep	Self-Advocacy
Hygiene	Mindfulness	Self-Awareness	Support System	Habits

B	I	N	G	O
Emotional Regulation	Perspective	Beliefs and values	Mindfulness	Communication
Take Medication	Hope	Hygiene	Support System	Mental Health
Self-Awareness	Get Enough Sleep	FREE	Self-Advocacy	Healthy Diet
Talking to Counselors	Responsibility	School	Yoga	Goals
Hobbies and Interests	Actions	Motivations	Exercise	Habits