

B	I	N	G	O
I will get through this.	I am a good person.	I am stronger every day.	I have skills.	I can reach my goals.
I am loved.	I trust in myself.	I chose to be healthy.	I am a team-player.	I have a coping skills toolbox.
I reach out.	I am awesome.	FREE	I chose to be happy.	I ask for help.
I believe in myself.	I help others.	I calmly work out problems.	I give and receive love.	I love who I am.
I am worthy.	I am working hard.	I choose to make positive choices.	I am calm.	I am happy.

B	I	N	G	O
I chose to be happy.	I can reach my goals.	I am awesome.	I reach out.	I am calm.
I have skills.	I ask for help.	I believe in myself.	I trust in myself.	I am a team-player.
It is ok for me to be me.	I choose to make positive choices.	FREE	I am loved.	I am stronger every day.
I give and receive love.	I have a coping skills toolbox.	I chose to be healthy.	I help others.	I am happy.
I am a good person.	I will get through this.	Things will work out.	I am strong.	I am working hard.

B	I	N	G	O
I chose to be happy.	I am loved.	I give and receive love.	I am strong.	I am a team-player.
I am a good person.	Things will work out.	It is ok for me to be me.	I am happy.	I trust in myself.
I am radiant happy and whole.	I help others.	FREE	I calmly work out problems.	I have a coping skills toolbox.
I choose to make positive choices.	I believe in myself.	I ask for help.	I am awesome.	I love who I am.
I am calm.	I reach out.	I can reach my goals.	I am stronger every day.	I chose to be healthy.