

B	I	N	G	O
I trust in myself.	I am a team-player.	I am a good person.	I am loved.	I chose to be happy.
I am worthy.	I am human.	I love who I am.	I calmly work out problems.	I am awesome.
I help others.	I will get through this.	FREE	I am beautiful.	I believe in myself.
I am strong.	I am stronger every day.	I give and receive love.	I am working hard.	I choose to make positive choices.
I have skills.	I am proud of myself.	I am worthy.	I am motivated.	I am calm.

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

B	I	N	G	O
I ask for help.	I am a team-player.	I am smart.	I am a good person.	I am working hard.
I am human.	I trust in myself.	I am calm.	Things will work out.	It is ok for me to be me.
I am important.	I am beautiful.	FREE	I chose to be healthy.	I calmly work out problems.
I am inspiring.	I am worthy.	I am healthy.	I am awesome.	I chose to be happy.
I am stronger every day.	I am loved.	I believe in myself.	I am proud of myself.	I choose to make positive choices.