

B	I	N	G	O
My feelings matter.	Anything is possible.	I am responsible.	I get better every single day.	I can do hard things.
I am important.	I'm surrounded by love.	I choose to feel happy.	Every problem has answer.	I love who I am.
I am a good person.	I believe in myself.	FREE	I believe in myself.	I help others.
I can control my own happiness.	I chose to be healthy.	I am unique.	I can reach my goals.	I am strong.
I am awesome.	I am calm.	I care about others.	I am kind.	I choose to make positive choices.

B	I	N	G	O
My feelings matter.	I get better every single day.	I chose to be healthy.	I choose to feel happy.	I help others.
I am awesome.	I am calm.	I choose to make positive choices.	I can reach my goals.	I am important.
I care about others.	Every problem has answer.	FREE	I believe in myself.	Anything is possible.
I can do hard things.	My feelings matter.	There is no one better to be than myself.	I am kind.	I am a good person.
I get better every single day.	I am responsible	I believe in myself.	I am responsible.	I am unique.

B	I	N	G	O
I care about others.	I am important.	I chose to be healthy.	I choose to make positive choices.	I am responsible
Every problem has answer.	There is no one better to be than myself.	I am responsible.	My feelings matter.	My family loves me so much.
I am kind.	I help others.	FREE	I can control my own happiness.	I get better every single day.
Anything is possible.	I am calm.	I can reach my goals.	I believe in myself.	I am worthy.
My feelings matter.	I am a good person.	I love who I am.	I am awesome.	I'm surrounded by love.