

|                       |                                    |                              |                          |                           |
|-----------------------|------------------------------------|------------------------------|--------------------------|---------------------------|
| <b>B</b>              | <b>I</b>                           | <b>N</b>                     | <b>G</b>                 | <b>O</b>                  |
| My feelings matter.   | I am a team-player.                | I am a good person.          | I am stronger every day. | I reach out.              |
| I chose to be happy.  | I am loved.                        | My best quality is _____.    | I help others.           | It is ok for me to be me. |
| I am calm.            | I calmly work out problems.        | <b>FREE</b>                  | I am happy.              | I can reach my goals.     |
| I will achieve _____. | I choose to make positive choices. | I now give and receive love. | I will get through this. | I am worthy.              |
| I am working hard.    | I chose to be healthy.             | I am great at _____.         | I have skills.           | I am awesome.             |

|                           |                              |                     |                             |                             |
|---------------------------|------------------------------|---------------------|-----------------------------|-----------------------------|
| <b>B</b>                  | <b>I</b>                     | <b>N</b>            | <b>G</b>                    | <b>O</b>                    |
| It is ok for me to be me. | I am great at _____.         | I trust in myself.  | I calmly work out problems. | I am calm.                  |
| I can reach my goals.     | My best quality is _____.    | I am a team-player. | My feelings matter.         | I help others.              |
| I reach out.              | I chose to be healthy.       | <b>FREE</b>         | I am awesome.               | I have skills.              |
| I am loved.               | I am stronger every day.     | I love who I am.    | One goal is to _____.       | I will achieve _____.       |
| I am happy.               | I now give and receive love. | I am a good person. | I chose to be happy.        | My challenges help me grow. |

|                             |                               |                             |                                    |                              |
|-----------------------------|-------------------------------|-----------------------------|------------------------------------|------------------------------|
| <b>B</b>                    | <b>I</b>                      | <b>N</b>                    | <b>G</b>                           | <b>O</b>                     |
| I am great at _____.        | Things will work out.         | One goal is to _____.       | I am loved.                        | I am awesome.                |
| I trust in myself.          | I help others.                | I am strong.                | I am a team-player.                | My feelings matter.          |
| I chose to be happy.        | I am happy.                   | <b>FREE</b>                 | I reach out.                       | I can reach my goals.        |
| I am stronger every day.    | I have skills.                | I calmly work out problems. | I am working hard.                 | I now give and receive love. |
| My challenges help me grow. | I am radiant happy and whole. | I will achieve _____.       | I choose to make positive choices. | I am a good person.          |