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

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B	I	N	G	O
One goal is to _____.	Things will work out.	I am a team-player.	I can reach my goals.	I am great at _____.
I have skills.	I calmly work out problems.	I am stronger every day.	I chose to be happy.	I am awesome.
I believe in myself.	I am a good person.	**FREE**	I am working hard.	I give and receive love.
I am loved.	It is ok for me to be me.	I am happy.	I love who I am.	I am calm.
I choose to make positive choices.	I am worthy.	I trust in myself.	I chose to be healthy.	I will get through this.

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

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