

B	I	N	G	O
I will get through this.	I am a good friend.	I am loved.	I chose to be healthy.	I am worthy.
I am enough.	I try my best.	I can reach my goals.	I am a team-player.	I trust in myself.
I am awesome.	I am talented.	FREE	I am thankful.	I love who I am.
I am work hard at _____.	I choose to make positive choices.	I am smart.	I believe in myself.	I am proud of myself.
I am calm.	I am confident.	I can have a good attitude.	I am great at _____.	I can work out problems.

B	I	N	G	O
It is ok for me to be me.	I help others.	I choose to make positive choices.	I can reach my goals.	I love who I am.
I am calm.	I am confident.	I can work out problems.	I believe in myself.	I am enough.
I can have a good attitude.	I am a team-player.	FREE	I am talented.	I am a good friend.
I am worthy.	I will get through this.	My best quality is _____.	I am great at _____.	I am awesome.
I chose to be healthy.	I am happy.	I am thankful.	I am loved.	I am smart.

B	I	N	G	O
I can have a good attitude.	I am enough.	I choose to make positive choices.	I can work out problems.	I am happy.
I am a team-player.	My best quality is _____.	I am loved.	It is ok for me to be me.	I will achieve _____.
I am great at _____.	I love who I am.	FREE	I am work hard at _____.	I chose to be healthy.
I am a good friend.	I am confident.	I believe in myself.	I am thankful.	I am strong.
I will get through this.	I am awesome.	I trust in myself.	I am calm.	I try my best.