

B	I	N	G	O
I will get through this.	I am a good friend.	I am radiant happy and whole.	I help others.	I calmly work out problems.
I am happy.	I trust in myself.	I chose to be happy.	I am a good person.	I reach out.
I am a team-player.	I am worthy.	FREE	I believe in myself.	I now give and receive love.
I believe in myself.	I have skills.	I am stronger every day.	I can reach my goals.	I am strong.
I am awesome.	I am calm.	I choose to make positive choices.	I am kind.	I chose to be healthy.

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

B	I	N	G	O
I choose to make positive choices.	I am happy.	I have skills.	I chose to be healthy.	I am loved.
I am a good person.	Things will work out.	I am radiant happy and whole.	It is ok for me to be me.	I will achieve my goals.
I am kind.	I now give and receive love.	FREE	I believe in myself.	I help others.
I am a good friend.	I am calm.	I can reach my goals.	I believe in myself.	I am working hard.
I will get through this.	I am a team-player.	I reach out.	I am awesome.	I trust in myself.