

B	I	N	G	O
I trust in myself.	I am a good person.	I am radiant happy and whole.	I help others.	I believe in myself.
I am happy.	I reach out.	I can reach my goals.	I am awesome.	I chose to be happy.
I now give and receive love.	It is ok for me to be me.	FREE	I am calm.	I am working hard.
I am worthy.	I love who I am.	I believe in myself	I am stronger every day.	I calmly work out problems.
I am strong.	I am great at _____.	I choose to make positive choices.	Things will work out.	I am loved.

B	I	N	G	O
It is ok for me to be me.	I am awesome.	I help others.	I am happy.	I can reach my goals.
I am radiant happy and whole.	Things will work out.	I believe in myself.	I am great at _____.	I chose to be happy.
I am worthy.	I am calm.	FREE	I am working hard.	I am a good person.
I am stronger every day.	I choose to make positive choices.	I trust in myself.	I am loved.	I love who I am.
I believe in myself	I calmly work out problems.	I now give and receive love.	I reach out.	I am strong.

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I am great at _____.	I choose to make positive choices.	I am awesome.	I calmly work out problems.	I am calm.
I trust in myself.	I am worthy.	I believe in myself	I reach out.	I believe in myself.
I now give and receive love.	I am loved.	FREE	I love who I am.	I am stronger every day.
It is ok for me to be me.	I chose to be happy.	I help others.	Things will work out.	I am radiant happy and whole.
I am working hard.	I am a good person.	I can reach my goals.	I am happy.	I am strong.