

B	I	N	G	O
It is ok for me to be me.	I am a survivor.	I am a good person.	I am growing.	I help others.
I believe in myself.	I am determined.	I trust in myself.	I choose to make positive choices.	I am a team-player.
I have skills.	I reach out.	FREE	Smile.	I am awesome.
I am smart.	I am creative.	I am stronger every day.	I love you.	I am working hard.
I chose to be healthy.	I now give and receive love.	I am loved.	I am important.	I calmly work out problems.

B	I	N	G	O
I am stronger every day.	I am important.	I am brave.	I am calm.	I can reach my goals.
I believe in myself.	I am worthy.	I am awesome.	I reach out.	I help others.
I am smart.	I am strong.	FREE	I trust in myself.	I am a team-player.
Smile.	I am a survivor.	I am determined.	I am happy.	I chose to be happy.
I love who I am.	I have skills.	I choose to make positive choices.	I love you.	I am creative.

B	I	N	G	O
I chose to be healthy.	I believe in myself.	I am determined.	I calmly work out problems.	I am a survivor.
I am smart.	I am a good person.	I am worthy.	I can reach my goals.	It is ok for me to be me.
I am brave.	Today is a good day to have a good day.	FREE	Things will work out.	I am enough.
I am awesome.	I help others.	I choose to make positive choices.	I am grateful.	Smile.
I am creative.	I am a team-player.	I have skills.	I am strong.	I am growing.