

B	I	N	G	O
It is ok for me to be me.	I am a good person.	I am more than my circumstances dictate.	I help others.	I calmly work out problems.
I am great at _____.	I trust in myself.	I chose to be happy.	I am a team-player.	I reach out.
I am awesome.	I am working hard.	FREE	I am worthy.	I now give and receive love.
I believe in myself.	I have skills.	I am strong.	I can reach my goals.	I am radiant happy and whole.
I am calm.	I am content and free from pain.	I choose to make positive choices.	I am happy.	I chose to be healthy.

B	I	N	G	O
My best quality is _____.	I love who I am.	I have skills.	I chose to be happy.	I now give and receive love.
I am calm.	I am content and free from pain.	I chose to be healthy.	I can reach my goals.	I am great at _____.
I choose to make positive choices.	I am a team-player.	FREE	I am working hard.	I am a good person.
I calmly work out problems.	It is ok for me to be me.	Things will work out.	I am happy.	I am awesome.
I help others.	I am loved.	I am worthy.	I am more than my circumstances dictate.	I am strong.

B	I	N	G	O
I choose to make positive choices.	I am great at _____.	I have skills.	I chose to be healthy.	I am loved.
I am a team-player.	Things will work out.	I am more than my circumstances dictate.	My best quality is _____.	I will get through this.
I am happy.	I now give and receive love.	FREE	I believe in myself.	I help others.
I am a good person.	I am content and free from pain.	I can reach my goals.	I am worthy.	I am stronger every day.
It is ok for me to be me.	I am awesome.	I reach out.	I am calm.	I trust in myself.