

| <b>B</b>                 | <b>I</b>                  | <b>N</b>                        | <b>G</b>              | <b>O</b>                           |
|--------------------------|---------------------------|---------------------------------|-----------------------|------------------------------------|
| I will get through this. | I am a good person.       | I am strong.                    | I help others.        | I can reach my goals.              |
| I am happy.              | I will achieve my goals.  | I chose to be happy.            | I am a team-player.   | I have skills.                     |
| I trust in myself.       | It is ok for me to be me. | <b>FREE</b>                     | I am awesome.         | I believe in myself.               |
| I can ask for help.      | I love who I am.          | I can calmly work out problems. | I am worthy.          | I choose to make positive choices. |
| I am working hard.       | I am calm.                | I chose to be healthy.          | Things will work out. | I am loved.                        |

|                                 |                                    |                          |                          |                      |
|---------------------------------|------------------------------------|--------------------------|--------------------------|----------------------|
| <b>B</b>                        | <b>I</b>                           | <b>N</b>                 | <b>G</b>                 | <b>O</b>             |
| It is ok for me to be me.       | I am a team-player.                | I help others.           | I am happy.              | I chose to be happy. |
| I am strong.                    | Things will work out.              | I can reach my goals.    | I am calm.               | I have skills.       |
| I can ask for help.             | I am awesome.                      | <b>FREE</b>              | I believe in myself.     | I am a good person.  |
| I am worthy.                    | I chose to be healthy.             | I will get through this. | I am loved.              | I love who I am.     |
| I can calmly work out problems. | I choose to make positive choices. | I trust in myself.       | I will achieve my goals. | I am working hard.   |

|                           |                        |                                 |                                    |                       |
|---------------------------|------------------------|---------------------------------|------------------------------------|-----------------------|
| <b>B</b>                  | <b>I</b>               | <b>N</b>                        | <b>G</b>                           | <b>O</b>              |
| I am calm.                | I chose to be healthy. | I am a team-player.             | I choose to make positive choices. | I am awesome.         |
| I will get through this.  | I can ask for help.    | I can calmly work out problems. | I will achieve my goals.           | I can reach my goals. |
| I trust in myself.        | I am loved.            | <b>FREE</b>                     | I love who I am.                   | I am worthy.          |
| It is ok for me to be me. | I have skills.         | I help others.                  | Things will work out.              | I am strong.          |
| I believe in myself.      | I am a good person.    | I chose to be happy.            | I am happy.                        | I am working hard.    |