

B	I	N	G	O
My Health Matters!	I Add Value to the World!	I Believe in Myself!	I am Powerful!	I Love Who I Am!
I Am Resilient!	My Existence Matters!	I am Enough!	I Am Compassionate!	I am a Good Person!
I Am Irreplaceable!	I Deserve Self-Care Time!	I AM RADIANT!	I Deserve to Take Up Space!	I am Worthy!
I Deserve to Take a Break!	I am NEVER Too Much!	I Deserve Happiness!	I WILL Get Through This!	I Can Do ANYTHING!
I Am More Than My Mistakes!	I Am NOT a Failure!	I am Beautiful!	I Am Special!	I am Me!

B	I	N	G	O
My Life has Meaning!	I am Strong!	I am NEVER Too Much!	I am Enough!	I am Worthy!
I Am More Than My Mistakes!	I Am NOT a Failure!	I am Me!	I WILL Get Through This!	I Am Resilient!
I am Beautiful!	I Am Compassionate!	I AM RADIANT!	I Deserve Self-Care Time!	I Add Value to the World!
I Love Who I Am!	My Health Matters!	My Life is Important!	I Am Special!	I Am Irreplaceable!
I am Powerful!	I Am Unique!	I Deserve to Take Up Space!	I Believe in Myself!	I Deserve Happiness!

B	I	N	G	O
I am Beautiful!	I Am Resilient!	I am NEVER Too Much!	I am Me!	I Am Unique!
I Am Compassionate!	My Life is Important!	I Believe in Myself!	My Life has Meaning!	My Feelings Matter!
I Am Special!	I am Worthy!	I AM RADIANT!	I Deserve to Take a Break!	I am Powerful!
I Add Value to the World!	I Am NOT a Failure!	I WILL Get Through This!	I Deserve to Take Up Space!	I Deserve Respect!
My Health Matters!	I Am Irreplaceable!	I am a Good Person!	I Am More Than My Mistakes!	My Existence Matters!