

B	I	N	G	O
Today I will do my best	Every day I am growing	I am talented	My feelings are allowed to be felt	I have the power to create change
I am enough	No rain no flowers	It is ok to make mistakes	Everyone has a chance to make a difference	My voice and thoughts matter
Today will be a productive day	I am brave	I give myself space to grow	I have experienced challenges in the past and I am more resilient because of this	My presence is a gift
I have inner beauty	It's admirable to ask for help	I am thankful	I worthy of love and respect	I am caring
My mental health is just as important as my physical health	I am healing	Trust the journey	I am proud of myself	I am worthy of receiving good things and of accomplishing my goals in life

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