B	I	N	G	O
My best quality is _____.	I am a good person.	I am strong.	I now give and receive love.	I choose to make positive choices.
I am happy.	I will get through this.	I have skills.	I am a team-player.	I will achieve _____.
I am awesome.	I believe in myself.	**FREE**	I calmly work out problems.	I trust in myself.
I can reach my goals.	I love who I am.	I am working hard.	I chose to be happy.	I am stronger every day.
I am calm.	I am great at _____.	I chose to be healthy.	I am loved.	I help others.

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B	I	N	G	O
One goal is to _____.	I reach out.	I love who I am.	I have skills.	I trust in myself.
I am calm.	I am great at _____.	I help others.	I chose to be happy.	I am happy.
I chose to be healthy.	I am a team-player.	**FREE**	I believe in myself.	I am a good person.
I choose to make positive choices.	My best quality is _____.	Things will work out.	I am loved.	I am awesome.
I now give and receive love.	I am radiant happy and whole.	I calmly work out problems.	I am strong.	I am working hard.

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B	I	N	G	O
I chose to be healthy.	I am happy.	I love who I am.	I help others.	I am radiant happy and whole.
I am a team-player.	Things will work out.	I am strong.	One goal is to _____.	It is ok for me to be me.
I am loved.	I trust in myself.	**FREE**	I can reach my goals.	I now give and receive love.
I am a good person.	I am great at _____.	I chose to be happy.	I calmly work out problems.	I am worthy.
My best quality is _____.	I am awesome.	I will achieve _____.	I am calm.	I will get through this.

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