B	I	N	G	O
I will get through this.	I am a good friend	I am loved.	I chose to be happy.	I believe in myself.
I am calm.	I love who I am.	I can do hard things.	I am a good person.	I help others.
I am a team-player.	I am strong.	**FREE**	I am stronger every day.	I have skills.
I am working hard.	I choose to make positive choices.	I am radiant happy and whole.	I calmly work out problems.	I am loved.
I am awesome.	I am beautiful	I can ask for help	I am great.	I can meet new friends

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B	I	N	G	O
It is ok for me to be me.	I chose to be healthy.	I choose to make positive choices.	I can do hard things.	I have skills.
I am awesome.	I am beautiful	I can meet new friends	I calmly work out problems.	I am calm.
I can ask for help	I am a good person.	**FREE**	I am strong.	I am a good friend
I believe in myself.	I will get through this.	Things will work out.	I am great.	I am a team-player.
I chose to be happy.	I am happy.	I am stronger every day.	I am loved.	I am radiant happy and whole.

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B	I	N	G	O
I can ask for help	I am calm.	I choose to make positive choices.	I can meet new friends	I am happy.
I am a good person.	Things will work out.	I am loved.	It is ok for me to be me.	I trust in myself.
I am great.	I have skills.	**FREE**	I am working hard.	I chose to be happy.
I am a good friend	I am beautiful	I calmly work out problems.	I am stronger every day.	I am smart
I will get through this.	I am a team-player.	I help others.	I am awesome.	I love who I am.

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