B	I	N	G	O
Inhale confidence exhale doubt.	I am a team-player.	I am a good person.	I am not my mistakes.	I help others.
I calmly work out problems.	I am happy.	I will achieve everything I set my mind to.	I chose to be happy.	I trust in myself.
I am calm.	I am working hard.	**FREE**	I am great at something.	I am worthy.
I now give and receive love.	I believe in myself.	I have skills.	I reach out.	I am strong.
I am radiant happy and whole.	I can reach my goals.	I am enough.	I choose to make positive choices.	I am awesome.

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B	I	N	G	O
I trust in myself.	I am enough.	I love who I am.	I am working hard.	I am calm.
I am worthy.	I will achieve everything I set my mind to.	I am a team-player.	Inhale confidence exhale doubt.	I chose to be happy.
I help others.	I can reach my goals.	**FREE**	I am awesome.	I choose to make positive choices.
I am happy.	I am not my mistakes.	I chose to be healthy.	It is ok for me to be me.	I now give and receive love.
I am great at something.	I have skills.	I am a good person.	I calmly work out problems.	I will get through this.

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B	I	N	G	O
I am enough.	Things will work out.	It is ok for me to be me.	I am happy.	I am awesome.
I love who I am.	I chose to be happy.	I am loved.	I am a team-player.	Inhale confidence exhale doubt.
I calmly work out problems.	I am great at something.	**FREE**	I help others.	I am worthy.
I am not my mistakes.	I choose to make positive choices.	I am working hard.	I am radiant happy and whole.	I have skills.
I will get through this.	I am human.	I now give and receive love.	I believe in myself.	I am a good person.

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