

B	I	N	G	O
It's ok to make mistakes	I am a good person.	I am making the right choice.	I help others.	I believe in myself.
I am capable of so much.	I will get through this.	I can reach my goals.	I am a good person.	I trust in myself.
I am a team-player.	I am working hard.	FREE	I am working on myself.	I reach out.
I am worthy.	I have skills.	I am strong.	I calmly work out problems.	I am prepared to succeed.
I am awesome.	I am calm.	I can do this!	I am happy.	I choose to make positive choices.

B	I	N	G	O
My mistakes help me learn.	I love who I am.	I have skills.	I can reach my goals.	I reach out.
I am awesome.	I am calm.	I choose to make positive choices.	I calmly work out problems.	I am capable of so much.
I can do this!	I am a good person.	FREE	I am working hard.	I am a good person.
I believe in myself.	It's ok to make mistakes	Things will work out.	I am happy.	I am a team-player.
I help others.	I am loved.	I am working on myself.	I am making the right choice.	I am strong.

B	I	N	G	O
I can do this!	I am capable of so much.	I have skills.	I choose to make positive choices.	I am loved.
I am a good person.	Things will work out.	I am making the right choice.	My mistakes help me learn.	It is ok for me to be me.
I am happy.	I reach out.	FREE	I am worthy.	I help others.
I am a good person.	I am calm.	I calmly work out problems.	I am working on myself.	I am stronger every day.
It's ok to make mistakes	I am a team-player.	I trust in myself.	I am awesome.	I will get through this.