B	I	N	G	O
My self-worth doesn't depend on other people's approval	Doing things for myself is healthy not selfish	I can do hard things	If I keep at it I will improve	I trust my own unique path
I can consider other opinions but should form my own	My appearance does not define me	I'll be myself and if we vibe-cool!	I am always changing and that's a wonderful thing	I'm learning
It's okay to say 'NO'	Success takes time and effort. I'm making progress	**FREE**	I am not responsible for their happiness	I face challenges. However that does not define me
I just need to spend time on it to succeed	If I take one step at a time things will be easier	I might not be everyone's friend. That's okay	I can look for small things to enjoy	I will create my own opportunities
I can learn from my mistakes	I am on my own journey	I'm being human	What is this teaching me	I can cope with whatever happens

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B	I	N	G	O
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I can do hard things	What is this teaching me	I trust my own unique path	I am on my own journey	I'm learning
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