B	I	N	G	O
This will take time and effort	Doing things for myself is healthy not selfish	I can do this and I will do my best	Mistakes are how I learn and grow	I'll try a different way
I can always improve so I'll keep trying	There's always room to improve	I'm proud that I even tried that took courage	I am getting stronger everyday	It's okay to say 'NO'
Struggling means I'm learning	What can I learn from this	**FREE**	I am human and am valuable	I can train my brain
I just need to spend time on it to succeed	My appearance does not define me	I trust my own unique path	I can look for small things to enjoy	I'll use some of the strategies we've learned
I can learn from my mistakes	I am on my own journey	If I keep at it I will improve	What is this teaching me	I can cope with whatever happens

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B	I	N	G	O
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B	I	N	G	O
I am on my own journey	If I keep at it I will improve	I am getting stronger everyday	I'll use some of the strategies we've learned	I am human and am valuable
This will take time and effort	I just need to spend time on it to succeed	I trust my own unique path	There's always room to improve	I'll try a different way
Struggling means I'm learning	I can cope with whatever happens	**FREE**	My appearance does not define me	I can look for small things to enjoy
What can I learn from this	It's okay to say 'NO'	Mistakes are how I learn and grow	What is this teaching me	I can do this and I will do my best
I can train my brain	Doing things for myself is healthy not selfish	I'm proud that I even tried that took courage	I can always improve so I'll keep trying	I can learn from my mistakes

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