

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'm being human
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 always changing and that	It's okay to say 'NO'
Struggling means I'm learning	What can I learn from this	FREE	I am getting stronger everyday	I might not be everyone's friend. That's okay
I trust my own unique path	My appearance does not define me	I'll use some of the strategies we've learned	I can look for small things to enjoy's a wonderful thing	I'm learning
I can learn from my mistakes I can look for small things to enjoy	I am human and am valuable	If I keep at it I will improve	What is this teaching me	I can do hard things

B	I	N	G	O
What can I learn from this	I am always changing and that	Mistakes are how I learn and grow	I can always improve so I'll keep trying	I'm proud that I even tried that took courage
I can do this and I will do my best	What is this teaching me	I'm being human	I am human and am valuable	It's okay to say 'NO'
I trust my own unique path	I am getting stronger everyday	FREE	I might not be everyone's friend. That's okay	Doing things for myself is healthy not selfish
I can look for small things to enjoy's a wonderful thing	If I keep at it I will improve	This will take time and effort	I can do hard things	My appearance does not define me
I'll use some of the strategies we've learned	I'm learning	Struggling means I'm learning	There's always room to improve	I can learn from my mistakes I can look for small things to enjoy

B	I	N	G	O
I am human and am valuable	If I keep at it I will improve	I am always changing and that	I'm learning	I am getting stronger everyday
This will take time and effort	I trust my own unique path	I'll use some of the strategies we've learned	There's always room to improve	I'm being human
Struggling means I'm learning	I can do hard things	FREE	My appearance does not define me	I can look for small things to enjoy's a wonderful thing
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 might not be everyone's friend. That's okay	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 I can look for small things to enjoy